

The Defender

Saint Michael's College

Juniors and seniors neglect S.A. responsibility

By Kim MacPhail
Staff Photographer

On a cool Thursday night, Abigail Bowie '17, stopped on her way to dinner at a table covered with laptops in Alliot to vote for in the most recent Student Association election, only to see empty ballots.

"I was confused and thought it was weird that I couldn't vote for anyone," Bowie said. "Turns out there basically wasn't an election."

In the September election there were 25 positions open for hall and area representatives, but only 15 students submitted petitions to have their names included on the ballots.

The election resulted in ten open positions in upperclassmen areas such as Pontigny Hall, Canterbury Hall, Cashman Hall and the townhouses. Students could run for either an area president requiring 50 student signatures to submit their electoral petition, an area vice president requiring 30 student signatures or a hall representative requiring 15 signatures. Though hall and area representative positions remain empty, the upperclassmen president, vice president, secretary, treasurer and senator positions were filled during the class officer election last semester.

Hall and area representatives are year-long positions and have voting rights within the Student Association senate. Each residential area on campus has a representative that acts as a liaison between the students living in that area and the Student Association. An example of one of their responsibilities is bringing

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PHOTO BY PAUL DETZER

Left: Carlos Villa '18 and Fabiola Mujomba '19 participate in the Center for Multicultural Affairs' Latin Dance Night on Saturday, Oct. 10 at the Dion Family Student Center of St. Michael's College. The Latin American Culture Night, with no footwear or other attire required, attracted a wide variety of students among all age groups, and provided a stress-free evening with an active flair. Find out more about the event on The Defender's website this week.

Voting day blues (and reds)

By Karianne Shetter
Co-Features Editor

Between balancing classes and homework, work and a social life, not to mention getting enough sleep, many young people do not have enough time to catch up on their favorite reality TV show, let alone worry about politics. Casting a vote is the final stage of the voting process, the first step of which is registering.

Registering to vote is not easy for anyone, which could be why the United States has some of the lowest voter turnout in the Western world. In a study by the Pew Research Center, based on the most recent national election of each country, the United States ranks 31st out of 34 Western democracies for the number of citizens it has that are registered to vote.

The Federal Election Commission reported that approximately 129 million people voted in the 2012 presidential election, a little over one-third of the total United States population.

Because you cannot cast a vote on Election Day without being registered to do so, a small percentage of the population follows the process through to the voting stage.

It may seem like there is a simple solution to securing more voters: if the government makes the process of registering to vote more accessible to a larger number of people, perhaps more would feel inspired to participate in their right as an American citizen. But in the United States, registering to vote is not meant to be easy.

"The problem in the United States is not voting, it's registering," said William Grover, professor of political science. "It is harder to register here because of strict voter registration laws."

Though voter registration laws vary between states, it is typical that people trying to register must provide some sort of identification -- in many cases, a photo ID.

In five states, a college ID does not count as a valid voter ID. Texas, for ex-

ample, accepts a Texas concealed handgun license as a suitable form of identification, but not a college ID, according to VoteTexas.gov, a website published by the Office of the Texas Secretary of State.

"This is an attempt by the government to disempower non-white, poor, and young people," said John Hughes, also a professor of political science. However, about young people he adds, "You're disempowering yourselves, because you are not voting anyway. By choosing not to exercise the franchise, you are becoming passive recipients of decisions made by others without your interests at heart."

Age is More than a Number

"I did not register to vote because I did not understand voting," said Kelsey Pett, '16, who is a political science major. Pett is only one of the numerous young adults who decide not to vote.

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Empty ballots in Student Association election

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up complaints from students specifically in their residence area, such as no soap in bathrooms or complaints about quiet hours.

"You migrate as you go at St. Michael's from living in Lyons to Quad Commons or the suites so because of the migration, these hall and area reps come back in different roles a lot of the time, which leaves open positions," said Student Association President Shannon McQueen '16.

McQueen only ran for an elected Student Association position this year. "I was nervous to run for a position before, but I was still able to join SA and get involved without the election, which I wish more people knew [about]," said McQueen.

Unknown to a large portion of the student body is how students can participate in Student Association meetings and committees without running for an elected position. The full group, elected and non-elected, meets every Tuesday night at 7:00 p.m. in addition to committee meetings throughout the term. The Tuesday meetings are open to the whole student body.

"Student Association is more than a Tuesday night meeting where we vote on if someone wants to have a special budget allocation," said Grace Kelly, director of student activities and assistant dean of students. "It's a culmination of all the things we have with a variety of different committees on campus and we come back reporting to the group with a flow of updates."

Some seniors and juniors expressed that by the time they're upperclassmen, they have other commitments and heavy workloads from school, making the commitment to Student Association more

difficult. "I think Student Association is great, but by junior year I'm trying to add less to my ever growing work load," said Alec Caputo '17.

A few students have expressed disinterest in Student Association not because of a time commitment, but because they don't really have a clear understanding of what the club does for students. "All I know is that they control our water polo budget," said Sean Mitchell. "They probably do a lot more, I just don't know what."

Jacqueline Duffy '17, agrees that it's difficult for some students to commit to joining Student Association. "It's a lot," Duffy said. "School is a full time job on top of other clubs, activities, studying, athletics and an hour a week at a meeting

"School is a full time job on top of other clubs, activities, studying, athletics and an hour a week at a meeting for some people can make a difference in their grades and sleep habit."

-Jacqueline Duffy '17

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Duffy was a Hall Representative in Alumni Hall as a sophomore, but decided to switch positions and become a club representative this year due to her personal preference.

Duffy also said that there's a perception amongst students of what student government does on campus and a lack of understanding its role and importance.

"I think students hear government and want to go to sleep," said Duffy. "I think student government is sometimes misleading because government is always thought of as stuffy and uninteresting.

We need to have a place where more students attend a meeting like a full student body meeting in Ross that shows all sides of Student Association and not just that we control budgets for clubs."

The Student Association's new executive board said it is working on making the club more well known and more impactful for the 2015/2016 year.

"I wish more people knew about the change we were doing and how active the senate is," said McQueen. "We are big on empowering leadership and creating a place that's more inclusive especially for diversity issues. There are big questions we have to ask ourselves as student leaders. There's a disconnect between administrative experience and student experience

and it's our jobs as reps to identify the students' experience and their needs and bring it in to let them know."

According to the director of student policy, James Baker '17, in a special follow-up election on Tuesday, four of the 10

open positions were filled. The remaining half-dozen spots will remain open for the continuation of the academic year.

Students who are interested in joining the club can visit the Student Association office on the second floor of the Dion Student Center or go to the Student Association website to find the executive board contact information.

"I really want to make students excited about elections and voting," McQueen said. "Our goal is to have more people understand what we do in SA and will then hopefully be interested in getting involved themselves."

Vt: Stay or go?

By Tina Friml
Social Media Editor

As the year seems to be progressing at lightning speed, seniors are coming face-to-face with the inevitable question of what each of them will face after graduation. Among all the questions and considerations that come with entering the working world, one of the most crucial decisions is the location. Not only is "what" the question on every senior's mind, but "where?"

The Vermont Departments of Labor thinks that not enough graduating college students are aware of the quality and quantity of employment opportunities the state holds.

In 2015, the Vermont Department of Labor worked with St. Michael's College Career Development to conduct a survey involving the classes of '15 and '16 regarding their plans for after graduation. According to Mathew Barewicz, chief of economic and labor market information, the Department of Labor chose to bring this new survey to St. Michael's college due to the department having had an already successful long-term relationship with the college.

It was revealed in the results that out of 223 students surveyed, almost 40 percent of students who planned to leave Vermont after graduation reported "lack of employment opportunity" to be one of the reasons.

The Vermont Department of Labor and Governor Shumlin suggests that assumptions of low levels of employment opportunities in Vermont are becoming inaccurate and outdated. The state economy is speeding back up after the recession, causing many older Vermont workers to go forth with their retirement. Because of this, local businesses and industries are looking for new energy, and positions in companies of all types of fields are opening up.

Lindsay Shumway '15, who lives in Essex Junction with family, started working the day after her graduation as a legal administrative assistant at Paul Frank and Collins law firm in downtown Burlington. She had found the position listed in both Seven Days and 'Job Link,' an online job listing specifically for St. Michael's students and alumni. "It was a pretty conscious decision [to work in Vermont], because, having worked retail for four years, making minimum wage, and only being able to work part-time, I knew that I wouldn't be able to afford to move, make a deposit, or live on my own.

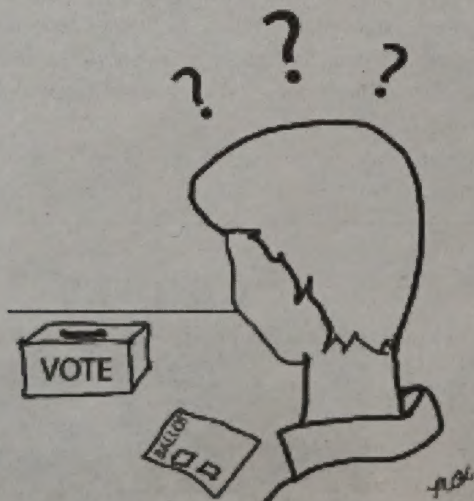


ILLUSTRATION BY MEAGHAN GLENDON

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Horses healing humans

By Bridget Conway
Staff Writer

It is not every day you'll find a horse hanging out on campus, but Tuesday, October 6, was just one of those days. With roughly 100 students, faculty, and community members gathered out on Saint Michael's Chapel lawn Tim Hayes, author of "Riding Home: The Power of Horses to Heal," and his life partner Stephanie Lockhart, founder and director of the Center for America's First Horse, hosted a demonstration on Natural Horsemanship and the power of equine therapy.

The demonstration began with a brief talk by Hayes. Since 1995 he has immersed himself in the world of horses, slowly building a mental database of what he estimates to be "10,000 hours of information" about the majestic animals. What he came to conclude is that horses are just like humans; they possess tolerance, acceptance, forgiveness, patience, and compassion. "Horses are black belts at compassion," said Hayes.

With this heightened sense of sympathy along with a quality Hayes referred to as hypervigilance — an enhanced state of sensory sensitivity — horses have become a place of comfort for people who suffer from post-traumatic stress disorder, autism, or addiction. Humans are attracted to what is familiar. "The devil we know is

better than the one we don't," Hayes explained. Horses are able to identify and empathize with the emotive energy a person with one of these issues presents, and then lets them know what they're feeling is okay, which "is not what they get out in the real world," Hayes said.

Hayes and Lockhart then stopped talking the talk and began walking the walk, quite literally. In a roped off ring Lockhart led Ringo, the couple's Spanish Mustang, in a display of natural horsemanship — often referred to as horse whispering — which is how those involved in equine therapy communicate with the animals. "Horses don't speak English, they speak horse," Lockhart said. A conversation with them is based upon the natural energy one gives off. With a simple movement of her arm or even with a pointed stare at a spot on his body, Lockhart was able to direct Ringo around the ring, without contest or force.

"I had the opportunity to ride horses a lot when I was younger so I know them pretty well, but I learned a lot about the healing effect horses can have on people today," said George Dragonetti '17. Dragonetti is enrolled in the 'Horses in Legend and Literature' course taught by Professor Bridget Kerr, who organized the event.



PHOTO BY BRIDGET CONWAY

Stephanie Lockhart leads a demonstration for the Horses and Humans event on the chapel lawn on Oct. 6.

Kerr said she believes, the "profound human-animal bond is not just within the realm of spirituality or the humanities," but that, "cutting edge behavioral research, and the growing popularity of equine therapy for autism and PTSD, makes clear that science can quantify exactly how animals improve our lives."

Hope Amanatidis '16, also a student of Kerr's course said, "I knew a little bit about horses before this event, but not much. Tim and Stephanie taught me about horses' personalities and how to

communicate with them. It was amazing to witness such an amazing bond between trainer and horse."

As our society becomes increasingly disconnected with one another and with nature, Hayes describes Lockhart's and his niche in natural horsemanship and equine therapy as "finding an iPhone when no one knew about iPhones yet. I wanted to tell the world about what I found."

Expired elevator permit no cause for alarm

By Paul Detzer
Photo Editor

The elevator in the Quad Commons residence hall at St. Michael's College contains a certificate of operation behind Plexiglas on the right side past the doors. This green, stamped certificate shows an expiration date four months overdue, from June 2015.

The credential stands out because other lifts throughout campus sport renewed certificates, stamped by the Ver-

mont Division of Fire Safety that do not expire until 2016. The Quad Commons certificate caused students to question the safety of that particular elevator, and how this sort of safety oversight could happen on the St. Michael's campus.

"That's not cool. They should definitely have that kept up to date. I think it should be the Vermont Department of Safety and the school's responsibility to make sure everything is kept up to date," said Liz Persons '17, while riding the elevator in Quad Commons Saturday night.

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It doesn't matter the reason it isn't posted, the law says it needs to be hung.

-Joe Benard

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"It expired in June? Why is this still a thing? I feel unsafe, and I guess now I'll take the stairs more," said Tess Saburn '17.

The elevator did, in fact, pass inspection save some cosmetic details. "I talked with Al Sutton, he's my head of HVAC [Heating, Ventilation, and Air Conditioning] department, and he also handles the elevators," said Jim Farrington, Director of Facilities and College Architect at St. Michael's. "He actually has [the annual inspection] on his desk, and was told 'here is your certificate, but don't put it in yet.'" With the inspection completed, Sutton delayed the hanging of the certificate until the issues could be resolved.

"It doesn't matter the reason it isn't posted, the law says it needs to be hung," said Joe Benard, Regional Manager of the Vermont Division of Fire Safety.

The expired certificate causes concern in some students, but in spite of the assumed expiration and thus lack of safety, the reasoning for this outdated certificate is much less dangerous than it may appear.

External contractors perform the ele-

vator inspections in the state of Vermont, who then report the results to the Fire Safety Division of the Vermont Department of Public Safety. Violators are then given up to 90 days to fix any errors. Not displaying the up-to-date certificate violates section 9.2 article F of the Vermont Elevator Safety Rules, which can result in a fine of \$1500 per occurrence.

"[Sutton] just has to put [new light bulbs] in and he has the actual certificates to put into them, but he didn't want to put them in until those were done. So that's it, it's really an administrative delay," said Farrington.

While this is a minor infraction in the Elevator Safety Code, the elevator in Quad Commons complies with the safety regulations as set by the state, and students should ride it with peace of mind knowing the only problems with the lift are malfunctioning lights and not displaying the updated certificate.

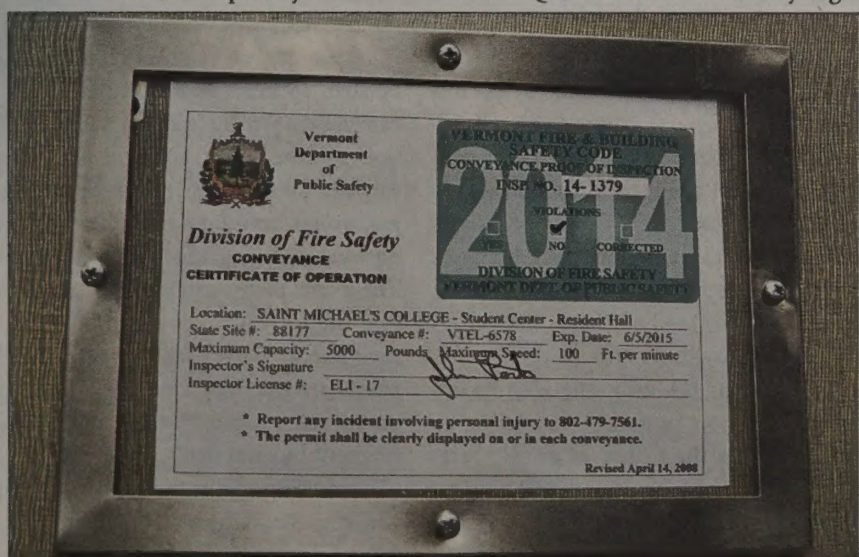


PHOTO BY PAUL DETZER

The expired elevator permit framed in the Quad Commons Elevator on Oct. 3.

New cable cuts the cord

By Meagan Brady
Staff Writer

Walk into any dorm or townhouse on campus and there next to the television are a set of wires and a laptop, streaming onto the television. While many people have grown accustomed to plugging their laptops into their television to stream movies or shows, most of them have not relied on this as their only means of enjoying television.

This year St. Michael's switched over to an Internet based service provided by Comcast called Xfinity On Campus. This form of cable live streams television programming when students want to watch their favorite shows live. Students need to connect their laptops to TVs using an HDMI cord if they want to watch live programming on a larger screen.

"Comcast is a TV company and their main business focus for decades had been delivering old analogue style television to the TV in the home," said Erik Lighbody, assistant director of technology services. "The industry is abandoning that model, because of companies like Netflix and other streaming services," Lighbody said.

Streaming has drastically changed how people watch TV; therefore, companies like Comcast are getting left behind because they're doing it the old way. "They're scrambling to become more of a streaming provider," said Lightbody, who explained that for this reason, the service might not be up to par. "A lot of this is first generation for them."

In years past, the school had used a program called Campus Televideo, which required individual cable boxes for every channel that the school offered. These cable boxes were stored on a rack containing about 90 different cable boxes which were all piped into one main system that traveled to coax cables that one would typically see on a wall with a small rounded metal tip sticking out.

What used to be a social activity is now shifting toward an independent activity. People can now watch shows whenever and wherever they want. Xfinity on Campus was launched last year and made available to several campuses including Drexel University, Emerson College, Bridgewater College, Lassell College and the University of Delaware. St. Michael's is within the first 20 schools to test out Comcast's On Campus service.

There have been mixed reactions about the new method of television watching across campus.

"I don't really like it," said Colby Ajoku '15, about utilizing his laptop to watch TV. Ajoku says he and his roommate have two TVs in their room, which they mostly use to watch sports. "We connect both of our computers up to the TV to watch the games we each want but then we have to dedicate ourselves to watching TV, whereas last year we still got to use our laptop to do work on."

Aubrey Ouellet '15, a former residential assistant at St. Michael's, recalls hosting social events which revolved around programmed television as a means to bring

her residents closer. "A group of residents and I would gather in our hall's common room to watch a show every Thursday night," Ouellet said. "I guess it's not much different now except for the fact you need a laptop and the school's Wi-Fi to enjoy those shows. It seems like a hassle." With live television now available right on your laptop it may be likely that students will distract themselves from doing work.

While it is true that Xfinity On Campus utilizes Wi-Fi for it to work, the service does not use the same Wi-Fi that is used throughout campus. Instead the service is powered by an alternate wireless Internet hub, which does not interfere with the Wi-Fi provided throughout campus, Lighbody said. "In theory Comcast online streaming will actually reduce the overall bandwidth consumption because right now when you watch Netflix or Hulu it uses the school's wireless inter-

net that does take up bandwidth and will slow it down," Lighbody said.

Students will soon be able to purchase a cable box from Comcast if they wish to use that instead of their laptops. Lighbody explains that cable boxes will become available after Comcast finishes working on the appearance and size of these boxes. In lieu of the cable boxes, the company provided the school with HDMI cords so that students may hook up their laptops to larger television screens.

Erik Lightbody has received a lot of feedback about the new TV program provided on campus and encourages anyone who wants to know more to visit the Information Technology office on October 22 or 23 to speak with a Comcast Engineer who will be available to help on those days.



ILLUSTRATION BY MEAGHAN GLENDON

CCTA extends service but students still opt for cars

By Steven Murray
Staff Writer

It's mid-October and you're standing under the shelter of a St. Michael's College bus stop waiting for your free ride into Burlington. The wind chill is be-

ginning to nip at your ears and the bus is running a few minutes late, causing you to wonder about the benefits of having your own car on campus, at your disposal anytime.

Many St. Michael's students are faced with deciding if paying the \$100 for

a parking pass and competing for the limited parking spots around campus are worth the convenience of having independent transportation. Though the Chittenden County Transit Association, or CCTA, recently expanded its service to all seven days of the week, and the college pays the travel fees, some students are still skeptical about having to abide by the bus routes and times.

"The bus doesn't take me to the places I want to go so I need a car. It's much more convenient," said Jack Ewert '18, who's pickup truck can take him back home or out to different mountain biking destinations — something he believes the CCTA buses can't provide to him.

Ewert isn't the only one who enjoys having a car on campus. According to statistics from the Office of Public Safety, there have been a total of 830 parking passes given out to students this semester alone.

The recent construction project to build a new residential building next to

Canterbury Hall is taking up even more of the limited parking available on main campus. Construction vehicles now occupy the Canterbury parking lot, making it harder for those who need to get to off campus to find a spot to leave their car.

Convenience is why Douglas Babcock, Director of St. Michael's Public Safety believes so many students have a car on campus despite the costs of travel. "When you pay the \$100, you still have to pay for your own transit. So you're paying for gas, you're traveling from here to there. So what you're paying for is convenience." There are plenty of upperclassmen that find the CCTA buses accommodating to their needs. "I live off campus and the bus passes are free with our tuition so it just makes sense," said Hannah Thistle '17, a frequent bus traveler.

"Decreasing the congestion on campus would increase the aesthetics, increase the ease of people's parking and economically it helps decrease the cost for the student," said Babcock.



PHOTO BY PAUL DETZER

A CCTA bus drives along College Parkway on Monday morning with bikes attached to its front.

Career survey captures student opinion on working in Vermont

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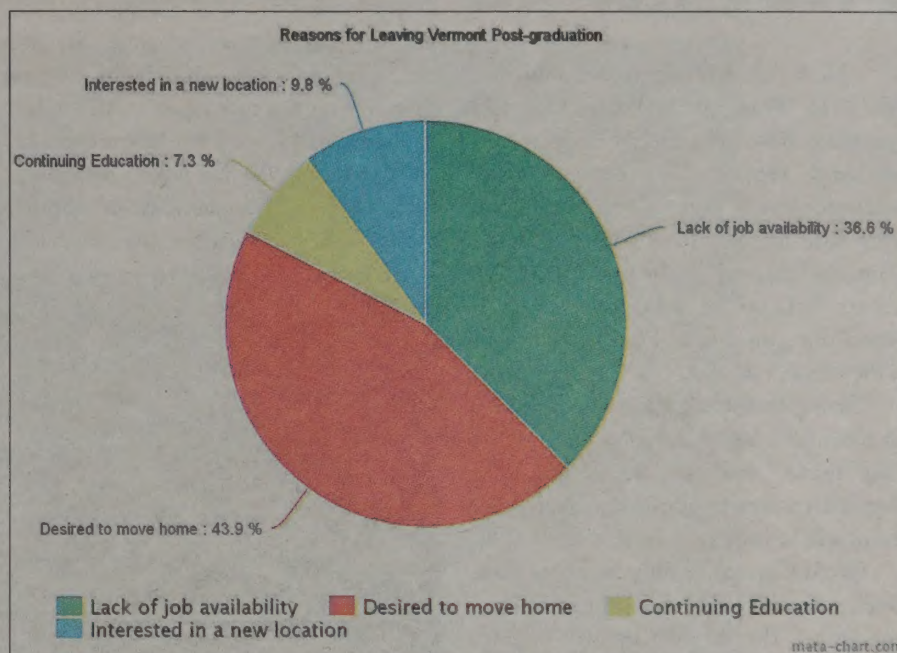
The struggle that I've been working with right now is that I've fallen into the trap of 'because I didn't leave right away, am I ever going to leave?' Shumway says she initially took the local firm job thinking of it as a stepping stone, because she is interested in the idea of leaving state to pursue graduate school or law school down the road. "But I've found that I absolutely love this job, and I don't want to leave. It challenges me, and the people I work with are amazing. There really is no downside." Barewicz says that Vermont employers starting at the bottom of the work force can rise in rank of the company they work for quicker than they would if they worked in a larger city. He also says Vermont employees can end up having more exposure to a greater degree of their field. Lack of awareness of Vermont's opportunities are not the only factor keeping students from staying in the state. For students who do not have family in the area, or who do, but want to live independently from their original household, these benefits that Barewicz describes may not be so easy to take advantage of. According to Forbes.com, the cost of

living in Burlington, Vt. is 10.5 percent above the national average. Even with this promising increase in job opportunity in Vermont, some students are still unsure of their likelihood of residing in the state after college.

Erica Kamerzel '16, an economics major from New Jersey, has a strong interest in staying in Vermont, but worries that the chances of that reality may be slim. "In my economy classes, we've talked about how even though Vermont has really low unemployment, we have really bad growth, and so I'm very skeptical about the opportunities I'll have to stay in Vermont."

The Vermont Department of Labor plans to take this survey to other colleges in the area, including Champlain College and University of Vermont, where they can tap into thousands of more students and graduates as to why they plan to stay or leave Vermont.

"I know where my best chance of getting a job after I graduate is, and that would be on the west coast," said Richard Bellack '17, a computer science major at UVM. "There isn't much out here, in regards of



what I want to do, which is computer architecture and programing." He says he has come to that conclusion through research and comparing the available jobs from around the region versus jobs listed in the west coast area.

Still, the results of the St. Michael's survey reveal that over 85 percent of students say that they felt at a competitive advantage in the job market because of their experi-

ence at St. Michael's.

"Everyone at the firm has a very high ideal of St. Mike's people. They tell me that, for the most part, the people who come out of St. Mike's are smart, very hard working, and have, sort of, a different world view," says Shumway.



PHOTO BY KIM MACPHAIL

Construction on Mon. morning.

Construction finally underway

By Arianna Aquadro
Staff Writer

Construction of St. Michael's College new residence hall officially kicked off on last week. This building will be the fourth installment of residential halls that lie between Cashman Road and Route 15. The apartment style layout will consist of four bedroom suites which include a full kitchen, common room and bathroom. It

will be the new home to approximately 188 seniors and juniors.

The increase in senior and junior housing will move more of the North Campus population onto main campus, but will also give more upperclassmen the ability to live in a townhouse or apartment.

"Students over the years have called for more apartments and I think their voices have been heard," said Lou DiMasi, director of residence life.

The location of the new building may

bring some new challenges. An increase in housing will decrease parking availability. With no plans in the near future to replace these parking spaces some students are feeling the effects.

"I'm a little bit frustrated with the lack of parking options. I'm a senior living in the 400s," said Zoe Doucette '16. "There are practical reasons upperclassmen want to park close to where they live such as off campus internships and unloading groceries."

Due to the limited parking, the fence erected on the outskirts of the 300s field will be a parking area for the contractors and crew members. This zone will also double as a staging area where wall panels will be pre built in order to increase efficiency and save time.

Concerns about construction have been brought by students living in Canterbury and the 200 townhouses, and from the residents of the neighboring Red Pines Condominiums located immediately next to the construction site.

"They've brought up some concerns about noise and traffic and we've talked with them, so they are content," said Jim Farrington, director of facilities for St. Michael's College.

Building the new residential hall has provided the opportunity to commit to environmentalism.

"The building will be heated and cooled

off by geothermal, which means we are taking the energy out of the ground, which if you get really technical, is solar where the sun heats the ground," said Farrington. "We will be paying for pumps to circulate some water but we will be extracting energy."

One hole has already been drilled across the street to the left of Merrill Cemetery in order to evaluate the thermal conductivity where 30 wells will be dug for the geothermal. Fewer wells will be needed if the conductivity levels come back with positive results. This is similar to the 48 wells that were dug in front of the library for the Dion Student Center and Quad Commons dorm.

"The building will use almost no natural gas. We expect to not have to heat or cool the building or heat any hot water with it. It will be very efficient," Farrington said.

Farrington does not see setbacks or weather being a problem for this project.

"We brought in the architect and the builder early, put them in a room and had them working together checking details and pricing. The schedule is very aggressive," he said.

The duration of the project is set to be 10 months with a end date of August 1. The residence hall will be available for the 2016 housing lottery and will be ready for move in by next fall semester.

World Cup comes to Vermont

By Madeline Hughes
News Editor

Next fall, Killington, Vt. will host the 2016 Women's Ski World Cup taking place Nov. 26 and 27, Thanksgiving weekend. Female skiers compete three weekends every year to win the World Cup title in the FIS Alpine Ski World Cup. And this will be the first World Cup ski race held on the east coast since 1991, when the games were held at Waterville Valley Resort in NH.

"Skiing on the east coast is world class, as Killington being chosen for the World Cup shows," said Michael Joseph, Killington's communications manager. "The event will be broadcast around the world."

World Cup ski racing consists of three weekends where ski racers compete across the globe. The World Cup will be happening during the early part of snow season in Vt., so Killington will be gearing up with the best snowmaking equipment to prepare for the event. The resort usually opens in October and is expected to open for this season in a few weeks. "We will be producing snow as soon as temperatures allow," Joseph said.

Students wanting to ski on the same slopes as the superstar women that will slalom down the hills next Nov. can get the 4.0 College Pass, which St. Michael's

College offers. This allows students unlimited access to ski at Killington, Pico, Okemo and Mount Sunapee. St. Michael's students can purchase the 4.0 pass from Mount Sunapee representative Chris Williamson '17, for \$369 before Dec. 15.

Purchasing day lift tickets on killington.com/tickets in advance is another money-saving option for anyone that is

not a student or who does not want to commit to a season pass. Tickets can be found as low as \$36 in Nov., but quantities are limited.

As ski season is creeping up on Vermont students, and residents alike, it is important to be ready and know the world-class options throughout the state.



PHOTO COURTESY OF WIKIPEDIA

Skiers at Killington Resort, where the Women's Ski World Cup will take place next year.

Radical messages disrupt campus

By Madeline Hughes
News Editor

Wed. Sept. 29 a campus-wide email warning the St. Michael's community that someone not affiliated with campus was posting fliers entitled "Islam versus Democracy."

Majed Alshamrani, a Muslim student studying at St. Michael's from Saudi Arabia, was confused as to why people believe this. "There are 20 Muslims here and we have not done anything wrong or made any problems." He said about his fellow international students from Saudi Arabia.

"On this campus everyone is widely accepting of each other and that someone put up that paper is shocking," said Caitlin Weller '17.

The poster was a sheet of paper filled with small text. It asserted, "An avowedly all-conquering, all-controlling 'religion' has been monomaniacally waging a 'holy war' against the whole world," with other hateful declarations.

Recent data shows "Hate crimes against perceived Muslims, which jumped 50 percent in 2010 largely as a result of anti-Muslim propagandizing, remained at relatively high levels for a second year in

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There are good people and bad people in every religion.

-Majed Alshamrani

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2011, according to the FBI's new national hate crime statistics," according to the Southern Poverty Law Center's website. The FBI thinks that this information is underreported because it is believed hate crimes are also severely under reported, just like sexual assault crimes.

St. Michael's is a Catholic college, according to their website "campus surveys indicate that slightly more than 50 percent of our students are Catholic. Another 25 percent of our students indicate a religious preference other than Catholic."

International students give the campus more religious diversity. Alshamrani and his friend Ziyad Mahfouz are two Muslim students from Saudi Arabia living on campus. They were also shocked by the news of the posters. They have liked being in the United States and have felt welcome.

Alshamrani noted there are extremists but "they don't represent our culture. There are good people and bad people from every religion."

The person that put up these posters was not from this campus, Douglas Babcock Director of Public Safety confirmed. Even though St. Michael's is an open campus, public safety can deter unwanted people from campus.

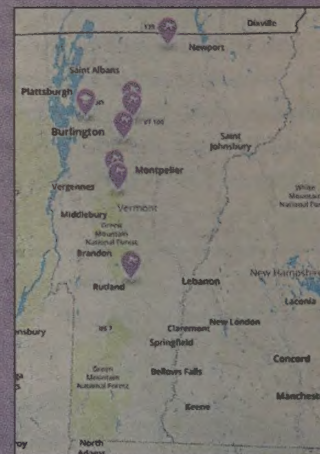
"We have the ability to trespass anyone from the property. This is private property, anyone not apart of the Saint Michael's community can be told to not come back," said Douglas Babcock, the Director of Public Safety. "If we do identify this person we will give them a notice of trespass, which is enforceable by police arrest if the person stepped back onto campus."

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Lending a helping paw to man's best friend



PHOTO BY CANDICE KALIL

Erin Connor '16, walks All Breeds Rescue dog Bella outside of the non-profit on Wednesday, Oct. 7.

By Kelsey Bode
Staff writer

A lot of students experience homesickness when they live at school, especially schools where the vast majority of students live on campus like at St. Michael's. Students miss their families, their friends, and their pets.

"Being at college you don't have a dog with you anymore, so I love getting that dog fix by going and walking a dog once or twice a week," said Erin Connor '16, a regular volunteer for All Breed Rescue. After initially visiting the non-profit, located in Williston, Vt., through MOVE's Cause for Paws, Connor continues to volunteer on her own time.

"If people on campus are missing their dogs at home this is a great organization to get involved with," said Connor. "It's definitely something worth putting your time towards. It's definitely one of the best parts of my week."

St. Michael's does not allow pets of any kind on campus except for in special circumstances, so volunteering for Cause for Paws gives students the opportunity to interact with dogs where otherwise they might not be able to.

"For the last few years All Breed has been the only shelter that Cause for Paws has been working with," said Nichole Ciccarelli '18, a MOVE core team leader for Cause for Paws. "But this year we have been trying to also incorporate the Green Mountain Animal Defenders and the Chittenden Humane society into our program as well, and that's a new thing we are just starting."

"I think a lot of people here walk animals, walk dogs, play with dogs and think, 'Oh my God, yeah, I really,

really want to do that,' which is great that a lot of people are interested, although our retention rate isn't great. People come once or twice and they don't really come again, whether it's time or something else, but people are always interested, so that's why we also try to bring dogs here when we can, because some kids can't get off of campus," Ciccarelli said.

Part of this issue might be that only approximately five students can sign up to go on each trip to All Breed Rescue, due to a limited amount of transportation. "It's usually pretty popular," Connor said.

“Going to All Breed Rescue and having an hour away from campus and being with this dog one-on-one is a great stress relief for me.

-Erin Connor

“We're still pretty much rebuilding the program just because we've had another cycle in of core team leaders, but we are trying to show documentaries and do things on campus,” Ciccarelli said. “We are trying to bring more to campus for those kinds who can't really get off campus or don't know too much about the program. We think if we are here more as well we'll be seen and heard more often.”

Cause for Paws organizes bi-weekly trips to All Breed Rescue so that students can walk rescue dogs. All that is required of students is that they go to a training session to be a dog walker. The training session takes about an

hour. Cause for Paws is working on getting another representative from All Breed Rescue to conduct another session for students this semester. Ashley Gaudette, kennel manager at All Breed Rescue, said the mission of All Breed Rescue is, “to save as many dogs from kill shelters as we can.”

“We give animals who don't really have voices of their own a voice,” Ciccarelli said. “We advocate for animal rights and socialize dogs specifically at All Breed Rescue.”

“There's a lot of volunteer work to do, and it's very rewarding to make a huge difference in an animal's life just by spending a few minutes with them,” Gaudette said.

Dog walking doesn't just help out those without opposable thumbs, however.

“Going and having an hour away from campus and being with this dog one on one is a great stress relief for me” Connor said.

She isn't alone in feeling that way.

“I think anything that gets you off campus and detaches you from academics is therapeutic, just to clear your head, and I think especially service work is therapeutic because you're not just thinking about yourself and things you need, but you're able to think about others as well,” Ciccarelli said. “It really is a good way for kids to decompress after class. I think mostly it's been really relaxing for students and a really good decompressing mechanism, which is nice.”

“I definitely make time; you really just go whenever you can. It hasn't impacted my studies – I usually just go once a week for an hour,” Connor said.

Maybe there's some truth to the idea that dogs are man's best friend after all.

Biology lab crawls with spider research

By Alyson Campbell
Staff writer

For new St. Michael's College biology professor, Dr. Ruth Fabian-Fine, it's hard to become lonely working in an office with about 60 creepy crawlly companions beside her. These Central American hunting spiders are the subjects of her current research: the effects of overstimulation on sensory systems in invertebrate models. She's convinced the spiders can tell us something about the human condition.

After receiving a doctorate in her native Germany, Fabian-Fine moved to Canada and England to work as a post doctorate, as well as adjunct professor. She works on this research with two collaborators in Canada and here, with three students.

The research is funded by the Vermont Genetics Network (VGN) and St. Michael's College.

What do you suspect the discoveries from spiders in your research will tell us about humans?

If you look at our environment over the past 50 years, the stimuli that we are exposed to have changed dramatically. So when you go now to a cinema, the stimulation that you are exposed to with the movie, with the audio, it's just really not very natural. Our nervous system has developed over millions of years, but it's not adapted to such strong stimulation.

My hypothesis is that the increase in mental illness might have something to do with the overstimulation of our brain and the slow degeneration of neuron populations. If you activate neurons too much, the metabolism at some point cannot cope with this anymore. Neurons have very few energy resources. So if you overstimulate them, and their metabolic processes are overstimulated, at some point they will just die because they can't keep up anymore. This phenomenon is called excitotoxicity.



Dr. Ruth Fabian-Fine sits among her 60 Central American hunting spiders in her office in Chera 314 on Wednesday, Oct. 7.

PHOTO BY CONNOR VANDAGRIFF

Why is it crucial to know what is happening to us when we are overstimulated?

It is very important because we create more and more artificial activation of our sensory systems, and we are constantly exposed to it. If neurons degenerate and the consequences are that we suffer from mental disorders like anxiety, depression and other mental disorders that are very severe then it's very important to know, to realize, to protect, and to change things.

How are you testing this in spiders?

How do we get this input into our brain? Through our sensory systems – so we look at it and we hear it. So what I do with the spiders is I expose them. One controlled population is here in my office and they are growing and living under quiet normal conditions. Then I have one in an incubator that stimulates the sensory systems in a very unnatural way so they are constantly overstimulated. And I'm now trying to find out what is different, and what are the consequences of this difference?

We do a behavioral study – if they are overstimulated and their sensory systems are working a different way does that influence the hunting behavior and the capability of the spider to catch the prey? And then we go into the neurochemistry and the morphology of the sensory projections into the brain.

Why spiders?

Because of their special sensory systems that are very easily accessible. Also they are very easy to raise in the laboratory, they are inexpensive, they are genetically manipulative, and so all of this together makes it a very good research object.

How will the findings from this research impact humans?

With humans we have a similar phenomenon and this is if people take drugs. This external activation causes your neurons to fire and they have no way to turn it off because there is no mechanism to turn this external substance off. The neurons downregulate the neurotransmitter they release in a desperate effort to not get overstimulated and die. We see in these people who take drugs that they are now getting really depressed, they are now suffering from anxiety because now their natural

neurotransmitter content in their brain is downregulated. They don't have the normal release of the neurotransmitter that prevents these depressions. That's why this is so important.

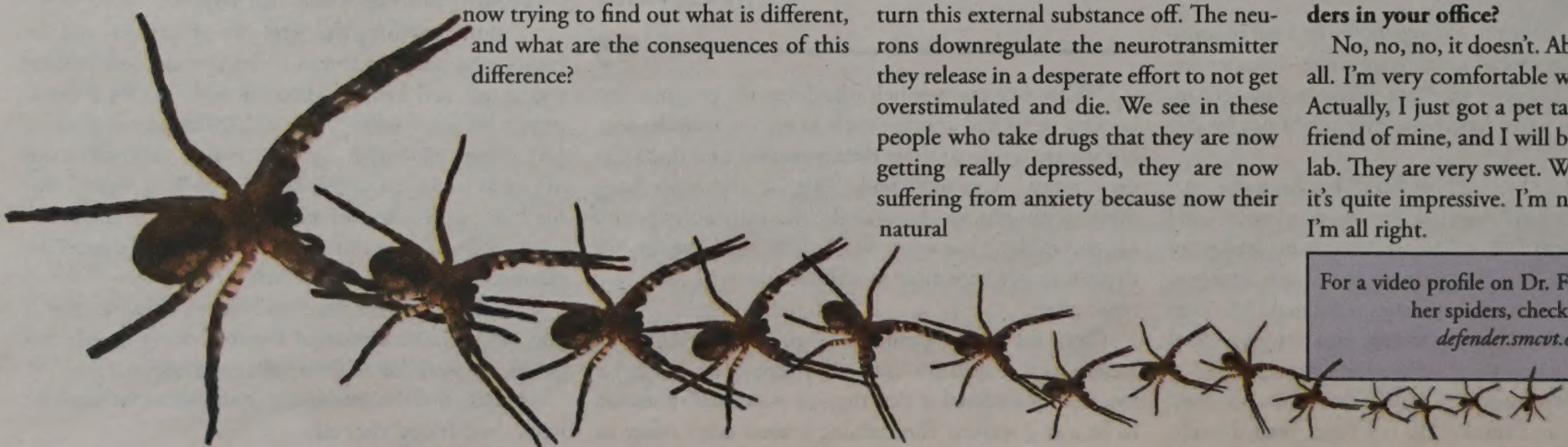
Were you ever scared of spiders?

Yes, I was very scared. I actually was almost arachnophobic in the beginning, but realizing how accessible and good the system is I decided I have to get over my arachnophobia. A requirement was if I work with spiders I have to take care of them, so I was put in this big room with all these spiders and was told to take care of them. Sometimes there were escapees that were outside on the jars instead of inside, but the best way to conquer your fear is to expose yourself to it and deal with it and now it's totally gone. I'm still not happy if they crawl up on me but I can handle it.

Does it ever creep you out having spiders in your office?

No, no, no, it doesn't. Absolutely not at all. I'm very comfortable with them now. Actually, I just got a pet tarantula from a friend of mine, and I will bring it into the lab. They are very sweet. When they hunt it's quite impressive. I'm not a cricket so I'm all right.

For a video profile on Dr. Fabian-Fine and her spiders, check out defender.smcvt.edu



Religious studies graduates enter the big leagues

By Alyson Campbell
Staff Writer

For most students, attending one of the world's top universities is only a dream, but for five recent St. Michael's College religious studies alumni, it is a dream come true. Within four years, five religious studies graduates began a pursuit of higher education at four prestigious universities.

The relatively small major peaked in numbers a couple of years ago with 40 religious studies majors. Before graduation last spring, there were about 20 majors and 25 minors. Religious studies has the most people in May because "We're one of those majors that pick people up as opposed to biology that loses people," said Raymond Patterson, religious studies department chair.

After entering St. Michael's with a plan to become an independent equity researcher, Tim Nagy '15, switched gears and graduated with a double major in

religious studies and business administration and with a minor in classics. He is now attending the University of Oxford for a master of theology in an Applied Theology program.

Nagy provides three reasons for religious studies majors' success: "the nature of the field, the enthusiasm of the professors, and the connection to campus ministry."

"I chose the major in order to try to gain a broader perspective on the exceedingly queer little beings that we seem to be, as well as this mystery in which we find ourselves without explanation."

-Adam Perea-Kane '14

Nagy's decision to go to graduate school stemmed from his independent research at St. Michael's on the relationship between denominational affiliation and

approaches to conflict resolution.

"The biggest way that St. Michael's prepared me was through an opportunity to conduct independent research," Nagy said. "Other ways were through writing my religious studies thesis, having relationships with professors outside of class, having opportunities to be involved in various activities, having a liberal arts education which exposed me to many sub-

Alexandrea Nicolai '15, did not enter St. Michael's expecting to follow a religious studies path either, but she is now studying Philosophy of Religion at Yale University.

"St. Michael's religious studies professors challenge their students to develop well-researched, well-articulated and critical responses to scholarship. They bring an awareness of both 'insider' and 'outsider' perspectives," Nicolai said.

Christine Clary, director of career development, says that the major does a good job of preparing those who wish to pursue higher education in their field, but also prepares students for a life after college that takes them in a variety of directions. Religious studies majors and minors from the past ten years have landed themselves jobs in fields from teaching to marketing.

SEE FEATURES PAGE 10

Fantasy football, real cash

By Mark Yetter
Sports Opinion

Fantasy football is a welcome distraction for average sports fans all over the world, a fun way to be overly competitive with friends, and a convenient way to keep up with the National Football League (NFL). But we're seeing a new trend toward big commercial interests and that, my football friends, is a big yellow flag.

If you're not familiar with the game, here's how it works. Most players sign up with a league hosted on public sites such as NFL.com, Yahoo, and ESPN. You draft a combination of NFL Quarterbacks, Running Backs, Wide Receivers, Tight Ends, Kickers, and Defenses from a variety of teams to put together a team and the statistics from real football each Sunday translate into scores for fantasy teams.

Take this past week for example; Eli Manning, Quarterback of the New York Giants threw for 441 yards, three touchdowns, and one interception. His performance amounted to 28.7 points using ESPN's standard scoring, making him



ILLUSTRATION BY MEAGHAN GLENDON

the highest scoring fantasy player of week five in the NFL. Giant's fans and fantasy owners of Manning share a mutual admiration for the Quarterback this week.

Ten years ago, before the rise of fantasy sports, this would not have been the case.

During my lifelong fandom of the NFL, I've observed football Sundays becoming far less novel, and far more analytical. A decade ago, I would have been

distraught watching Eli Manning walk the Giants down the field to score a game winning touchdown and take over first place in the division in a prime time Sunday Night Football battle over the 49ers, as he did this weekend.

The Giants compete in the same division as my beloved Philadelphia Eagles, the NFC East. Sunday night, I celebrated as Al Michael's empathically called Man-

nings' miraculous last-second game-winning touchdown pass to Larry Donnell. I celebrated because the result of the play earned me four more fantasy points.

In that moment I forgot that Eli Manning was the rival, I briefly sacrificed my

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VOTING:

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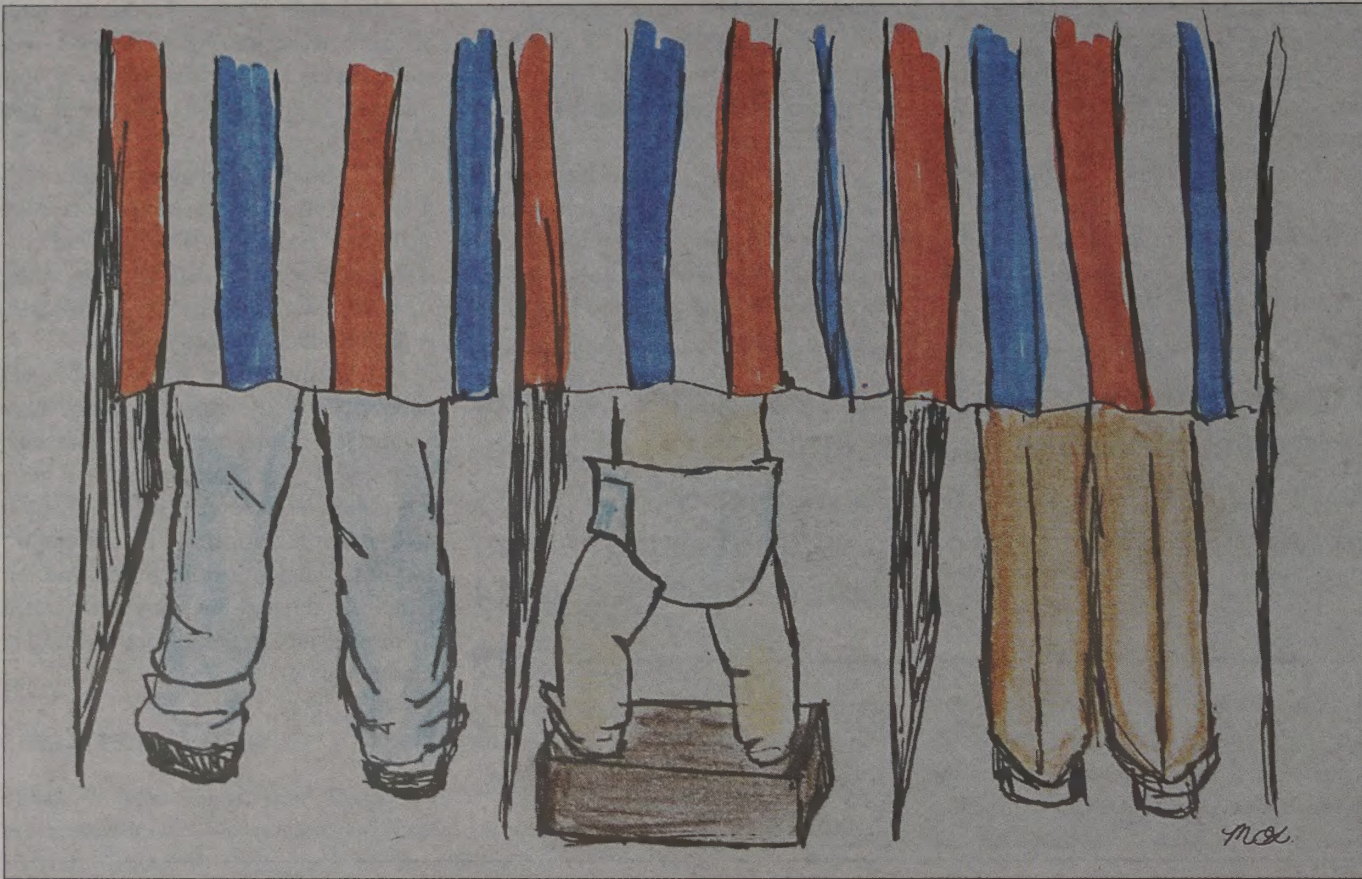


ILLUSTRATION BY MEAGHAN GLENDON

People between the ages of 18 to 24 comprise the lowest voter turnout rate at the polls. In the most recent national election in 2012, only 38 percent of citizens between the ages of 18-24 voted, according to a study by the United States Census Bureau. Oftentimes, members of the 18-24 year-old cohort are encouraged to get out and vote, but Grover asserts that age is not the problem.

"Voting takes practice," Grover said. "Once you vote one time, it is likely you will get into the habit of doing it. Young people are not in the habit of doing it."

College students have the choice whether to vote in-state or by absentee ballot from their home state.

-John Hughes, professor

Within that cohort, college students in particular must address where and how they would like to vote, especially if they attend an out-of-state institution.

"While away at school, you are a resident of that state. College students have the choice whether to vote in-state or by absentee ballot from their home state," Hughes said.

Often, when deciding how to vote, the best option is to become educated on the candidates and how they are doing in the polls in each state. Then, the students who have the option of choosing which state to vote in can decide to vote wherever their ballot counts the most, or wherever their candidate of choice has lower

numbers in the polls.

"There are more hoops to jump through if registering to vote out-of-state," Grover said.

"Voting is necessary, but not sufficient."

The reasons young people do not turn up to the polls are varied. Registration is no simple task, and there are educated choices to be made on where and how to vote. These are not the only factors at play.

"I never really got into politics, because I felt I had better things to do," said

Shawn Roseen '18, who will be of voting age for the first time in the 2016 national election. "I plan on voting, because I feel it is something I have to do for my country, but I want to become an educated voter first."

There are more ways to become educated on political issues than simply learning candidates' platforms. Grover urges young people to remember that activism and community involvement are also important aspects of a political presence.

"Voting is important because we're supposed to live in a democracy," Grover said. "But though voting is necessary, it is not sufficient."

"As a political science professor, I think the most important function of voting is actually to serve as a first step, a sort of positive 'gateway drug' to deeper involvement in civic engagement," said Patricia Siplon, chair of the political science department at St. Michael's.

Casting Your Vote

By **Karianne Shetter**
Features Co-Editor

Though the last date to register to vote and still be able to cast a vote on Election Day varies from state-to-state, it is safe to assume that so long as you register at least one month in advance, you will be able to vote. In some states, it is possible to register on Election Day.

To find out how to register in your state, visit www.longdistancevoter.org.

Presidential Primaries Nearby

NH- Feb. 9, 2016
VT-March 1, 2016
MA-March 1, 2016
ME-March 5, 2016 (Caucus)
NY-April 19, 2016
CT-April 26, 2016
RI-April 26, 2016

Not from any of these states? Visit www.politics1.com to find the date of the Presidential Primary in your state.

RELIGIOUS STUDIES:

CONTINUED FROM PAGE 9

"Our sequence of classes, especially senior year, do Religion Theory and Method and then a senior thesis in their own area," Patterson said. "We feel that the preparation they got really prepared them well for life at these schools. Once they've gone through that process they're kind of prepared to do anything."

Adam Perea-Kane '14, graduated from St. Michael's with a triple major in religious studies, classics, and philosophy. Entering college with a focus in Philosophy, Perea-Kane realized that his interest in the history of metaphysics was better studied through religious studies. He is now studying at the University of Oxford concentrating on the cultural and theological context for the transmission of Aristotelian thought into Islamic Civilization.

"I chose the major in order to try to gain a broader perspective on the exceedingly queer little beings that we seem to be, as well as this mystery in which we find ourselves without explanation," said Perea-Kane.

However, religious studies majors don't necessarily have to go onto higher education to be successful. According to Clary, regardless of your major it's the combination of skills and experience that makes you appealing when applying to future endeavors.

"What we know from employers is the number one thing they are looking for is strong communication skills, and secondarily they want critical thinking," Clary said. "Our students do very well in the workplace, they do get good jobs, and they do go on and do what they want to do. We have very good outcomes."

Having a religious studies background can be very beneficial when applying for certain jobs.

"They actually have a little added piece where they can say 'I understand people from lots of different faith traditions.' Like if you're teaching in the Burlington school districts where you have refugees from Bhutan or Hindu you have many Muslim students; having that religious studies background puts you way ahead of other people," Patterson said.

For those looking to pursue graduate school, the career development office is a great place to start the process, but it's also crucial to dial a focus in your field.

Clary explains, "You can have a terrific GPA, you can have terrific graduate record scores but if it becomes clear to the admissions committee that you don't have a focus, you're not going to get in."

Math professor teaches real-world applications

By Robert H. Litchfield
Sports Editor

Different colors of dice tumbled through the air in Cheray 101 Friday evening when Professor Craig Jensen made math come alive. In a room of over 50 students and teachers, volunteers came forward, strategized and rolled dice against one another for small prizes. Throughout the interactive event, Jensen wove in discussions about different theories on probability, or the likeliness of a particular outcome.

Although most of his students will not become professional gamblers, Jensen said he likes to begin his classes with an applied problem that catches their interest to deter cynicism towards math and show how relevant it can be to everyday life.

"One problem with a lot of math problems -- and I admit I am sometimes guilty of this -- is that some problems are clearly fake," he explained. "Those ridiculous problems make some students so jaded that they think there actually isn't any actual application to be made. But I think there are a lot of real applications of math to various areas."

Jensen, a new professor at St. Michael's

lif., received his undergraduate degree in mathematics and philosophy from Utah State in 1992 and his Ph.D in mathematics at Cornell University in 1998. In 2001, he and his wife, Elizabeth, moved to New Orleans, La., where he received a job at the University of New Orleans as a mathematics professor.

Things took a turn in 2005 when Hurricane Katrina came in, killing 1,883 people and damaging over 70 percent of the homes in New Orleans, Jensen's included.

"Hurricane Katrina completely destroyed our house," he remembered. "Our house was in a working class neighborhood, which was about 17 feet below sea level. It was completely bulldozed when it was all said and done. We were homeless for about 16 months."

"It was even more exciting because my wife was eight months pregnant at the time," he laughed. "We weren't living on the street or anything. We were with lots of relatives and friends. Our first daughter was born during that time, so she was one of the few bright spots."

Earlier this year, Jensen's wife, a psychiatrist, received a job at the University of Vermont. After visiting Burlington for her interview, she fell in love with the area and insisted her husband look for



PHOTO BY KIM MACPHAIL

Professor Craig Jensen poses in his office in front of a decorative banner on Monday.

Some problems are clearly fake. [They] make students so jaded.

-Craig Jensen, mathematics professor

College who currently teaches linear algebra and calculus, came from New Orleans where he taught.

"I've known Craig for eight years, and the lessons he developed and taught for the Louisiana Systemic Initiatives Program were based on real-life and were very engaging for the students," said Yvelyn Germain-McCarthy of University of New Orleans, one of Jensen's former colleagues. "One time, Craig demonstrated the use of fractions by having his students create their own musical instruments with water bottles and perform musical beats in front of the whole department."

His students notice his optimism as well. "Professor Jensen is extremely helpful," said Caleb Mann '17, who is taking Jensen's linear algebra class. "He gives us all the tools we need to succeed and he seems really enthusiastic about teaching us the material."

Jensen, a native to Sacramento, Ca-

work there too. "It was spring at the time that I was looking, which is suicide for a job search regarding teaching," Jensen laughed. "I was very fortunate to get the position [at St. Michael's] when I did."

With a bright smile and passion to teach, Jensen hopes to continue implementing new and relevant applications of math, such as the dice event, to help curb the stigma that math is irrelevant to everyday life.

FANTASY FOOTBALL:

CONTINUED FROM PAGE 9

passion for the Eagles in the interest of my fantasy score.

Fantasy Football has rapidly grown from a humorous way to keep in touch with friends, to a highly competitive and statistically driven gambling enterprise. Millennials, especially avid football fans, have had a front row seat to observe this process.

Companies like FanDuel and DraftKings are handing out millions of dollars each and every week to lucky winners. Both companies have launched massive advertising campaigns - DraftKings is currently in a three-year advertising deal with ESPN worth \$250 million.

Every Sunday, casual fans are accosted with commercials urging them to try these companies because "John Doe from Pennsylvania has made \$200,000 of a \$35 initial investment." FanDuel and DraftKings are dominating the advertising market for the NFL in the early season and have established themselves as the sole options for daily fantasy sports.

Each company has been planning an Initial Public Offering (IPO) on the horizon; DraftKings was valued at 750 million dollars as recently as July.

However, this business is unregulated. No governing body overseeing this enormous new gambling outlet and therefore there is no assurance of fair play.

Late last month, news was leaked that

an employee from DraftKings was using inside information to compete on FanDuel. These high-level analytics break down football in an extremely detailed way, anyone with access to them would have an immediate leg up on the public. A stipulation of employees contracts from each company barred them from participation in their companies contests, however, there were no words denying them the right to participate on their rival companies site.

The news is disturbing. ESPN has ceased mentioning DraftKings in their broadcasts, however their commercials seem to be running as frequently as ever.

It is saddening to observe how far removed from the actual game of football fans of the NFL have become. Instead of waking up and immediately flipping on the pregame report of their favorite team, NFL fans are logging onto these sites to evaluate who they believe will be the most effective players at the most reasonable price. Instead of living and dying by each and every play of their beloved teams, fans are whining that their star Running Back didn't rush for 100 yards and a Touchdown like their go to fantasy expert said he would.

I'd urge casual fans to keep their fantasy football endeavors casual. Participate with your friends, let your personal team peak your interest for games on Sunday but don't lose that love for your hometown team. When experimenting with daily fantasy football, stay out of the public competition.

Love the game for the game itself, not what you can get out of it.



PHOTO COURTESY OF ADAM VINDIGNI

Will Romeo, one of the founders of Powe. Snowboards, sorts through trash collected at Bolton Valley Resort during the first Powe. Mountain Project September 26. Over 100 pounds of trash was collected.

“Ride green, live green”

Recent UVM grads start environmental snowboard company

By Marianna Nowacki
Design Editor

Canvases with geometric shapes and patterns hang on the walls surrounding the artist Adam Vindigni, who sits casually on a couch wearing all black with a camo hat. A white ‘Powe. Snowboards’ is embroidered above the brim mirroring the yellow logo on his sweatshirt. Ruby, a two-year-old dog runs through the house, still with the energy of a puppy, tossing around a chewed toy tire.

Vindigni, 22, who graduated from UVM in 2015 with a degree in Studio Arts, is the CEO and artist for Powe. Snowboards, an environmental company he, his brother and four friends began a year ago.

How did you come up with the idea for Powe. Snowboards and how did you get it started?

Back in 8th grade I started thinking I wanted to design boards, like my entire life that was my ultimate goal.

Two Aprils ago, me and Will sat down on the couch

and we wrote down all the pros and cons as to why we thought it would work on the back of an electric bill envelope cause that was all we had. We let that sit for a while.

And honestly the real reason I decided to start getting into it was because this girl I had been hanging out with for a while, well we stopped hanging out and I needed something to fill my time up. I looked at Will and I was like, “Hey man, we’re gonna do this, it’s time to make this a real thing.”

Were your boards out last winter for people to buy?

Yeah so we made 40 boards total, 20 of each model. We have just two left and we’re keeping them for company purposes. Technically we were sold out in our first year, so we were definitely very happy about that. We’re making 75 this year.

As the artist for Powe., where do you get your inspiration?

I have this theory that every single thing you see

affects the mood you’re in, no matter how small it is. A lot of graphics are just designed based on the shape of the board, but I’m really trying to associate the colors and the imagery of the snowboard to the environment you’ll be in when you’re looking at it.

Do you hand-draw them or are they done on the computer?

Usually what I’ll do is draw it all out by hand in pencil and I’ll scan it into the computer and then use a tablet to do a full size painting on my computer. I use Photoshop, not Illustrator, which a lot of people would disagree with, but I end up doing a 70 by 32 inch painting on the computer. It’s super frustrating honestly. Each board design takes 150 hours plus, definitely.

Many people know the word ‘pow’ refers to powder, like after it just snowed. But what does the ‘E’ at the end of Powe. stand for?

The ‘E’ stands for education and environment,

that's why the 'E' is there. Also because it looks pretty stupid with just three letters.

Have you always been focused on the environment?

Will and Joe both majored in Forestry and Environmental Studies. Since meeting them, even before the company, they got me thinking greener in my own daily life.

We're starting to brand ourselves as more of an environmental company than a snowboard company, honing into the fact that we also do have snowboards. We're trying to promote a healthier, greener lifestyle. The motto right now is 'ride green, live green.'

Are the materials of the boards sustainable?

Yeah we have the hemp on the top sheets, the bamboo sidewalls, the poplar core, and were actually going to have maple in one of them this year, and the epoxy is all bio resin, so it's all sap extracts and things of the sort.

We found the right manufacturer in Wisconsin, so all the boards are US-made which is pretty cool.

You guys just started the Powe. Mountain Project recently at Bolton Mountain?

We picked up a bunch of trash, recorded what we found, where we found it and how harmful it was to the mountain. We got about 22 volunteers and picked up over 100 pounds of trash. We are in the process of analyzing all the data and we're going to record the consistencies in what we found and provide it back to them so they can cut the usage of those materials. Zip-ties and beer cans were the two biggest. We're going to try and do a Smuggs one real soon.

Are you doing any other programming?

For every snowboard we sell we're going to plant a poplar tree, so we're literally replacing what we use. We are also going to be giving the customer their own seed so they can get engaged in thinking that way on their own.

We have the Mountain Mentors program. Joe and Will run that together. We're currently working with the YMCA. Getting kids to think differently is important for us cause that's ultimately what starts making the difference. We're teaching them about the Leave No Trace mentality.

And Powe. is now sponsoring athletes?

We have nine riders, and Ruby too if you count her. She gets deep in the snow.

We are also sponsoring the UVM Ski and Snowboard Club as well as the Colorado State Snowboard team. They're one of the greenest schools there is right now, so they're really interested in the environmental aspects of our company.

Burton is obviously huge here in Burlington. Do you guys aim to compete with them?

We're honestly not even thinking about them at this point. The environmental aspect of our company has really gotten people noticing. We've found our niche. People don't need to ski or snowboard to be interested in what we're doing. We have a nice little thing here that no one else has tapped into yet.

How did your parents react to all of this?

I remember trying to not tell my dad. I figured my dad would say 'shut up and focus on class.' I literally did not even think of asking him for help for anything and I went home for a family visit and he comes up to me and was like, 'your mother tells me you have a snowboard company, why didn't you tell me I would've gladly helped you out somehow' and I was just like 'shit.'

So he ended up being super supportive about the whole thing and gave us a little bit of money to get the whole thing started.

Do you ride your own snowboards?

I do! I ride the Chedda Shredda. The year before I went through five boards and had some terrible dealings with customer service so I was pretty unhappy with the whole snow sports industry. I rode it 85 plus days last year and it's still in good shape so that was pretty cool for me to realize how durable they are. I definitely push it through the ringer.

What's your favorite mountain in VT?

Smuggs. It's a hidden gem. People say Stowe is the best, but it's the same terrain at Smuggs and it's a different environment. There's no corporate snobby anything going on there like there is at Stowe. And Smuggs is really family oriented.

Maybe I'll see you there!

I hope you do!



PHOTO BY MARIANNA NOWACKI

Adam Vindigni holds the board he rides, the VT Chedda Shredda, produced by his company, Powe. Snowboards.

Must-do for Autumn in Vermont

By Anna Ste. Marie
Features Editor



PHOTO BY ANNA STE. MARIE

The sun illuminates the changing leaves atop Smugglers Notch on Saturday, Oct. 3.

Frost-covered grass, diminutive daylight, cool breezes that bite the tip of your nose; autumn has arrived. Fall in Vermont encapsulates your senses and excites your body and mind. The season reveals itself in flavors, sights, smells, and sensations. Here are some tips on how to let this season inspire you:

Tastes the treats

While hot cider and flavorful lattes tend to steal the fall flavor spotlight, they would be utterly incomplete without seasonal pastries for dunking.

The bakery at Sam Mazza's Farm Market is a local goldmine for sweets where you can find two unique treasures: apple cider and pumpkin spice donuts. Located at 277 Lavigne Road in Colchester, the market is a 10 minute drive from campus that curves through quaint neighborhoods and tranquil wooded areas.

Situated in the far right corner of the market, the bakery emits heavenly aromas that can be sensed as soon as you step out of the car. "I'm glad our donuts are not like the others," said Frank Peters, who has been baking at Sam Mazza's for 36 years.

After trying both flavors, I found that Peters' claim is true. While the apple cider flavor is bright and zesty, the pumpkin spice is more mellow and smooth. Both donuts are an ideally moist constancy;

fluffy enough to melt on your tongue, yet dense enough for dunking. The fine sugar coating leaves you licking your lips and wanting more.

What makes Sam Mazza's donuts stand out is their recipes, Peters claims. "For pumpkin spice donuts, most other bakeries use a bag mixes, which have spices that taste like pumpkin, but we developed our own recipe over time that uses real pumpkin," Peters said. Seven days a week, the bakery makes a 16-dozen batch of each flavor using a donut robot.

While the apple cider donuts are available year-round, the pumpkin spice flavor is introduced in late September and is continued until winter. Despite the vast array of seasonal cookies, pies, and cupcakes, Peters says the best-seller is the tried and true apple cider donuts.

Looks at the landscapes

Smuggler's Notch remains one of the most ravishing look-outs in the state, and is a long-time favorite among the St. Michael's community.

A 30 minute drive up Vermont's charming Route 100 North will get you to the quaint town of Jeffersonville. Turn onto Route 108, and you'll be greeted by steep inclines and hairpin turns that will excite any adventure-seeker. At the top of this pass sits Smuggler's Notch State Park. The intensely crimson and gold canopy is

the perfect location for sight-seeing, casual hiking, and taking photos that make your fall memories last (and will also make your out-of-state friends wrought with envy). I visited the state park on October 3, and spoke with Matthew Modica, a Boston-based photographer who was immersed in capturing the foliage. "I'm waiting for the sun to come back out," said Modica as he waited for the clouds to break with his camera at his side. His photo advice has nothing to do with equipment or technical skills - it's all about picking the right day.

For photos that capture the brilliance and candor of the changing leaves, a sunny day with minimal clouds will be the best fit. If you're going for a moodier look, a cool morning will offer eerie fog and mist. Although autumn weather is notoriously inconsistent, finding the perfect day for you is possible and rewarding.

Smell the soup

When the temperature drops, nothing feels better than walking through your front door and being welcomed by a wall of warmth and the vibrant smell of a slowly simmering soup. Carrots, beets, squash, pumpkins, potatoes, onions, leeks, and apples are just a few of the in-season ingredients that make fall a soup lover's paradise. If you don't live in a townhouse, don't worry - there are plen-

Ginger Carrot Bisque

Ingredients

2 tablespoons of olive oil
1/2 cup of onions, minced
2 cloves of garlic, minced
2 tablespoons of ginger, grated and minced
2 cups of chicken or vegetable broth (I use vegetable)
3 cups of carrots, chopped into 1/4 inch slices
1 cup of apples, peeled and chopped into 1 inch cubes
1 cup of milk
Salt and pepper to taste

Instructions

1. Start by chopping all the vegetables, ginger, and garlic.
2. Put the olive oil in the bottom of a three-quart pan and cook onions until soft. Add ginger, garlic, and carrots, cover and continue to cook for three to five minutes.
3. Add broth and apples, cover the pan, and bring contents to a boil. Allow the soup to boil for just a couple minutes before turning the heat down to low. Allow it to simmer for 20-25 minutes, stirring occasionally. Stop simmering and remove from heat once the carrots are very tender and can be easily pierced with a fork.
4. Scoop the soup into a blender or another similar chopping appliance (I used my 10 dollar single-serve smoothie blender). Be very careful when blending hot liquids - do not fill the blender more than half way. Once all of the soup is pureed, dump it back into the three-quart pan, add milk, salt and pepper, and simmer for 10 to 15 more minutes. Enjoy and share!

ty of kitchens across campus (i.e. Center for Women and Gender, all north campus residence halls, and all suite buildings) open for student use. I experimented with some of these ingredients and developed this recipe for ginger carrot bisque, a brightly aromatic and autumn-inspired soup.

CONTINUED ON PAGE 16



PHOTO BY KIM MACPHAIL

Danny Divis '17 poses next to a stair tower in a parking garage in Burlington. He sports a black T-shirt and shoes that accent his outfit.

Black is the New... **BLACK**

By Michael Comitini
Lifestyle Editor

Something is always the new "black." We see the cliché phrase everywhere in our culture, even in the TV show "Orange is the New Black." Other trends and colors come and go from season to season, but the color black is a staple in wardrobes from runway designers to kids in grade school.

We know that black clothing has been popular for as long as we can look back at photographs and movies. This only makes sense because at one time, visuals were only available in black and white. Many designers chose darker tones because people were contrasted better in tones of gray. "Honestly, I rarely made clothes with bright colors early on," said Gina Manolikaki recently in a phone interview, she is a former fashion designer of Montreal, QC, who sold to popular boutiques in the 1960's and 70's.

It only made sense to make clothes contrast as much as black and white. This was popular especially with men, as

a black suit and tie paired with a white shirt makes your outfit shine even more so through a black and white filter. I guess at this point in fashion, you couldn't truly pull off black without a little white to offset everything.

Although there was a definite influx in creativity and color palette during the 60's and into the 70's, the color black comes back as resilient as ever. During the late 80's and 90's music seems to shift the fashion world back to its consistent muse, "black." Not only does the rock world adopt this shade with its many branches such as punk and grunge, but also the exponential growth of hip-hop to the mainstream popularized the color black with groups such as Run-DMC and N.W.A.

The simplicity of wearing the color black has become a brand in its own; or maybe it's the antithesis of branding. Personally, when I wear a black tee or a black on black outfit, I don't want to represent anything. It's the rejection of any brand, it

becomes more of an attitude. When wearing all black you are in one way sheltering yourself from branding and putting any other type of message that clothing companies want you to say by being walking billboards, but at same time you are sending out your own propaganda by rejecting the norm.

"Wearing black gives you confidence," said Katherine McGuinness, '16. "When in doubt you can always rely on black to fall back on."

Black seems to also be a safety net when it comes to getting dressed. We don't want to stick out like a sore thumb wearing a bright color. Wearing black can also be used to highlight a certain color or pattern. A mainly black outfit with camouflage pants can truly make the pattern pop.

I believe there are a few reasons as to why black is back. First of all, there are so many trends from the golden era of hip-hop that are returning, one of them being

the use of black. Movies such as Straight Outta Compton reminded people that dark clothes and Oakland Raiders gear is "off the chain" again. Secondly, people are tired of giant logos and all over prints. We aren't advertisements for clothing companies. We want clothes that are well made and look good. We want a more subtle and less of an eye sore type of look. This is evident in the grime scene in the U.K., which is a darker form of hip-hop. Skepta, who is a rapper from the U.K., who has mentioned many times in his music that he rejects just about everything style wise from North America opting for either all black or all white outfits so brands are not seen.

Whoever thought there could be this much attention to the absence of color? Whether you wear black because it keeps you as low key as possible or because brands these days need a wake up check, black will always be the pinnacle of color in fashion.

For horror film excellence, make “You’re Next” your next

By Paul Detzer
Photo Editor

The bloody poster for *You’re Next* (2013) had been marinating in my Netflix queue for weeks. The four star rating intrigued me, considering the one-stars that dominate the horror genre of recent years.

Two retired parents buy a new home and invite their adult children over for a family reunion, but when night falls, masked assailants attack the residents with unknown motives. Sounds cliché enough, but this low-budget horror film kept me glued throughout the 94-minute run.

I’ve seen dozens of horror films and *You’re Next* easily ranks as one of my all-time favorites. I chose to review a slightly older film since this is the best example of the horror genre I have seen this semester. If horror films easily put you off, I would suggest avoiding this movie, the scares and gore are not for everyone. But if you are looking for a good, scary movie to watch, watch *You’re Next* with friends while in the glorious horror movie month of October.

The assault on the house begins at the dinner table during an intense argument between two adult brothers, where cross-bow bolts whiz throughout the room,

killing those who do not get below the window in time. As the dinner scene completed shortly into the movie, I knew this was not any typical horror film. With the stunning visuals, an amazing performance of the lead female protagonist, and the stellar pacing of this movie, this film sings. *You’re Next* was not traditionally terrifying, like films such as *Evil Dead* or *The Descent*, but thanks to the large cast of family bait for the assailants, there was never a dull moment. I was on the edge of my seat and with several spot-on scares making me spill my popcorn.

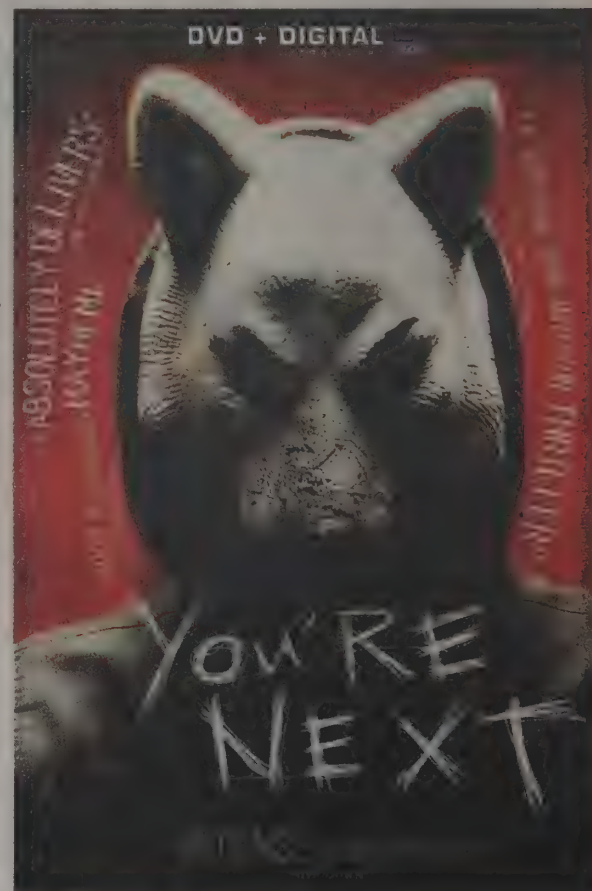
In regards to pacing, there fortunately is not too much “downtime” in *You’re Next*. Horror movies rely on the trope of ‘downtime’ too much these days (Paranormal Activity films especially, where it is 40 minutes of people doing normal things, 40 minutes going “did you see/hear that?” and then 15 minutes of everyone getting killed). The protagonist, Erin, actually bites back thanks to her Australian survivalist background, thus proving herself as worthy opponent in the second and third acts. This evoked a *Home Alone* style defense sequence that came to a full circle in the ending. The pacing, coupled with the tension, throughout made *You’re Next* both entertaining and shocking, complimented by an excellent, which

turns into an electronic 1980’s homage to other films in the horror genre in the finale, reminiscent of the original *Nightmare on Elm Street*. Furthermore, the audio throughout was very crisp and perfectly complimented the visuals, evidence of the filmmakers taking great care in production quality.

The dark comedy had me laughing hysterically at times, presenting me with a unique rollercoaster of emotions throughout the film: cringing at the gore, laughing at the comedy, and sweating from the stress. Part of this humor was the sibling rivalry, and one of the family members bumping into walls with an arrow in his back. Despite the characters’ unfortunate situation of being attacked by masked assailants, the director manages to squeeze zests of comedy into fatefully bleak scenes in the film.

(Unfortunately, Netflix’s contract with *You’re Next* expired recently, but the film can be still

be streamed via Amazon Video, iTunes, Vudu, and Google Play).



CONTINUED FROM PAGE 14

Feel prepared

The ugly truth about this alluring season is that winter is right around the corner. For those who spent their summer and fall in active, carefree, the winter can seem like doomsday for good health. Although it’s tempting to use fall as a time to start hunkering down on the couch, Vermont offers plenty of ways to stay healthy throughout the winter.

With winter come runny noses, sore throats, and the flu. Winter illnesses can be particularly detrimental to college students, who are expected to be present and healthy in classes, work, and clubs. Campus Health Services is holding flu shot clinics from Oct. 12 thru 15 from 3pm to 7pm in the Dion Family Student Center. For just \$15, you can keep yourself and everyone around you in good health.

If you can’t make it to the clinic (or if you just want your insurance to foot the bill), most local pharmacies offer the same services. Cathy Leblanc, a Rite Aid pharmacist from Colchester says that October is the peak time for flu shots, and estimates that she administers about 15 each day.

“Once you get the shot, it takes at least two weeks for a person to build immuni-

ty, so it’s important to get them as soon as possible,” said Leblanc. The full price of the shot at any Rite Aid pharmacy is \$31.99, but most insurance will cover it in full. With the flu threatening to keep you in bed for several days (and sometimes weeks), a quick pinch in the arm is well worth it.

Preparing to stay physically active throughout the winter can take shape in many forms as well. The St. Michael’s Wilderness Program offers season’s passes to Smugglers Notch for a special student price of 65 dollars. You can activate your pass at the Wilderness Program Office in Alliot 204 anytime until Friday, Feb. 12.

Even though eating healthy can seem difficult without summer’s tomatoes, peppers, and cucumbers, the Burlington Winter Indoor Farmers’ Market presents fresh, local produce every other Saturday from November through April. With offerings that vary from maple products to root vegetables to artisan popcorn, every taste bud is sure to be satisfied.



PHOTO BY ANNA STE. MARIE
Smugglers Notch State Park in Stowe radiates shades of red, orange and yellow on Saturday, Oct. 3.



In light of controversy

Defining how our publication delivers the news

In the depths of the St. Michael's College Durick Library hides a gateway to the past, tucked in, under and amongst a vast array of filing cabinets, folders, boxes and in some cases a thin layer of dust. This is the home for the archives of the college, and is where we gain access to the history of campus publication production.

Let's flashback to the nineties. A time where grunge ruled and denim on denim reigned. It was also a time in which a campus publication known as *The Devil's Advocate* was considered the college's alternative press magazine.

In Feb. of 1993, *The Devil's Advocate* faced extreme backlash from the college when they decided to include condoms inside 500 of their publication's print copies.

The Devil's Advocate defended its actions, saying that their publication and its editors, writers and staff members had freedom of speech, and this distribution fell under that category.

Issues of consent and particular freedoms are no mystery to our publication. Controversy rose again recently when a handful of people found the front-page photo controversial for *The Defender's* first issue this semester. Published on Sept. 23, nearly all of the undistributed stacks of the paper were stolen and destroyed. A vast majority of the St. Michael's population was unable to gain access to a copy of the print edition, never mind read its content.

While the theft and destruction of property has now been resolved, and a re-

printing was conducted, a lingering lack of respect still taints the air.

Weeks of hard work and dedication were put into not only the works published in both the paper and online version of *The Defender*, but also the complete re-design of the publication.

It is our mission to create high qual-

ity journalism collected on a foundation of integrity. Through in-depth reporting, accurate storytelling and exceptional visuals, *The Defender* aims to professionally and ethically deliver the truth to our diverse audience.

it is our obligation to report and publish the truth, even when not everyone in the audience necessarily agrees with the content.

If the make-up of St. Michael's prides itself on establishing and maintaining respect for whomever or whatever is a part of our community, then *The Defender* staff and publication is no exception. The work we produce deserves the same sense of consideration and respect as any other product of our college and campus as a whole.

This publication exists to serve our campus and community, and we publish what we feel will best serve our audience in only the most truthful and ethical manner.



ILLUSTRATION BY MEAGHAN GLENDON

ity journalism collected on a foundation of integrity. Through in-depth reporting, accurate storytelling and exceptional visuals, *The Defender* aims to professionally and ethically deliver the truth to our diverse audience.

Of our first issue, we believe that all content was both accurate and justified, and that all information was gathered ethically. It is our job to report the news of our campus, surrounding communities and relevant current events.

We represent the pulse of our campus by facilitating a forum for informative, enlightening and thought-provoking conversation. When newsworthy stories arise,

PAIGE LEAHY
CO-EXECUTIVE EDITOR



MISSION STATEMENT

We, the voice of St. Michael's College, strive to create high quality journalism collected on a foundation of integrity. We represent the pulse of our campus by facilitating a forum for informative, enlightening and thought-provoking conversation. Through in-depth reporting, accurate storytelling and exceptional visuals, The Defender aims to professionally and ethically deliver the truth to our diverse audience.

Want to contribute to The Defender?

Email us your interests, comments or questions! Suggestions include, but are not limited to, photography, letters to the editor, op-ed pieces and more. Let your voice be heard.

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Contemplating phones' hold over conversation



By Lauren Friedgen
Managing Editor

It's Saturday night at a party. Some people are gathered in the corner taking a picture for Instagram, some are Snapchatting their friend singing along with a song, and others are sitting on the couch simultaneously talking to each other and to people elsewhere through the smartphones in their hand. All of these actions involve other people, but how social can you really be when you're thinking about how many likes you'll get on a photo or constantly switching between two different conversations?

On September 27, *The New York Times* published an op-ed by Sherry Turkle, a professor of science, technology and society at M.I.T., who said that college students claim they know how to "look someone in the eye and type on their phones at the same time, their split attention undetected." She went on to say that they use this skill when they want to be both with their friends and "elsewhere," and these days it's not even necessary to hide the fact that we are dividing our attention.

phone during conversations that aren't especially deep. Is this rude? It depends. The only time I am truly upset with someone for being on their phone is if they are using it while talking one-on-one with me and it is affecting their ability to contribute to the conversation. Yes, I believe you can't truly be present in a conversation if you are on your phone, but I don't think it's as simple as always having your phone away while around others.

When I mentioned this to Crystal L'Hôte, associate professor of philosophy who specializes in the philosophy of mind and makes the choice to not own a cell phone at all, she contemplated this information and then raised a thought-provoking point.

"I think there's something lovely that we don't want to miss — maybe people are so comfortable with each other that there's an agreement that 'I'm not going to feel hurt if you need to attend to something else,'" L'Hôte said.

According to a study done by the Pew Research Center, 89 percent of cellphone owners said they used their phone during the last social gathering they attended, and 82 percent felt the way they used it hurt the conversation. A lot of the time, cell phone owners used their phone to do something related to the social gathering, such as take a photograph or look something up to share with the group. Sixteen



PHOTO BY KIM MACPHAIL

Jeff Dodge '17, scans his phone at a table in the Green Mountain Dining room Monday along with two of his tablemates.

fold, so if we can't stay focused that long and remain in a sustained dialogue with another human being for that long then we're missing the opportunity to have the most important thoughts perhaps that we can have — and that's a great loss."

The ever-present lure of technology raises the question of the effectiveness of multitasking — can we really do what the

see the information I just received. When I respond and open up the Word document once again, I pause. What was I going to say?

"The problem is if it just becomes so habitual that we don't know how to summon, when we want to and when we need to, that kind of undivided attention on the things that matter," L'Hôte said. "In my mind, it's really about the habits that we create for ourselves and the kinds of personal skills that we are or aren't practicing."

Many people are very good at keeping technology separate from their personal and social lives when needed. But as technology is increasingly being integrated into the lives of younger generations, it is important for everyone to be aware of the way it changes human interaction so that it does not control the interaction — it is merely a tool within it.

Lauren Friedgen is a senior media studies, journalism and digital arts major. She can be reached at lfriedgen@smcvt.edu.

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You can't truly be present in a conversation if you are on your phone, but I don't think it's as simple as always having your phone away while around others.

Recently, I have found that last part to be very true — phones are out everywhere I go, and it's certainly not as rude as it used to be. In a world where technology and the pressure to be connected are ever-increasing, it is important to be aware of how phones have the ability to affect conversation both between people and individually within the mind. According to Turkle, this is illustrated by the "rule of three" amongst college students.

"In a conversation among five or six people at dinner, you have to check that three people are paying attention — heads up — before you give yourself permission to look down at your phone," Turkle said, which forces the conversation to be kept light so that people can drop in and out of it.

I have noticed myself checking my

percent of people, however, took out their phone when they got bored with the conversation or didn't want to participate.

Lately I've noticed that no matter what the activity, phones are out. We feel as though we need to know right away when we get a text or an email, because it could be important — but really, except in limited instances, how important could a message be for a college student? The mere presence of a smartphone induces the desire to multitask, but constantly going between two things doesn't allow much time to really think.

"Some thoughts take time," L'Hôte said. "We tend to think of thoughts as things that only take a few seconds to have, but there are some kinds of thoughts that I think it takes a whole lifetime to have. There are some kinds of thoughts that take ten minutes, an hour, a few hours to un-

college students Turkle spoke to claim? I know I definitely can't both be on my phone and retain all of the information someone is saying, and constant contact with others through my phone while doing work gives my mind the difficult task of switching between thoughts.

Earl Miller, a neuroscientist at M.I.T. and an expert on divided attention, recently stated in an article published by *The Guardian* that our brains are not meant to multitask well, and rapidly switching between tasks has a true cognitive cost.

As I write this column, I hear the vibration of my phone on the table next to me, telling me I have an email, and my fingers flowing over the keyboard come to a halt — I minimize the Word document I was a moment ago zealously typing into and open up my email on my laptop to

”

Letters to the editor: adjunct union

The adjuncts at St. Michael's formed a union last fall to address issues of fair pay and benefits. As one member of the negotiating team, I'd like to make our intent clear.

We are dedicated to the students and the work we do, and we hold in high regard the community of St. Michael's College. The college does not return those attitudes.

Adjunct pay is a fraction of the pay of full-time faculty teaching the same classes. And the last offer of a mere two-percent raise over already poverty-level wages will do nothing to right that wrong.

In many union efforts at other businesses, workers struggle to win a living wage for a job done by all workers. In the case of college adjuncts, we seek to win parity with those already earning considerably more for the same job.

The adjunct problem is not confined to our school. It is an epidemic across the

country.

Using part-time labor means not only lower pay, but also no benefits. It is a mighty cost effective measure that fattens the bottom line. By contrast, tuition costs and administration salaries are never reduced, but grow at a much higher rate every year than adjunct or other faulty raises.

With nearly 50 percent of the faculty at St. Michael's being adjuncts, the message to students is a cynical one. The bulk of your tuition is not being spent on those who provide your education.

The mission of this school is grounded in peace, justice, and right action. We beseech the administration to stand as representatives of that mission and do what I hope they know in their hearts and minds to be right.

Pat La Rose

Adjunct faculty, ALD

On October 21, the adjunct professors will be bargaining with the administration for the second time in the effort to gain a fair contract. Being an adjunct professor often means being invisible in the fabric of our community, despite the fact that in 2014 there were around 90 adjuncts. It is a hard life to live.

Adjunct professors are paid per class rather than receiving an annual salary. Their pay is a fraction of the contract teachers; therefore, it is often necessary for adjuncts to teach at surrounding schools in addition to St. Michael's, such as the University of Vermont or Champlain College in order to make ends meet. Because they make so little, they often fall below the poverty line. They receive no health care benefits or pension plans.

In previous bargaining sessions, the administration has offered a two percent wage increase, translating into a \$22 raise per credit taught.

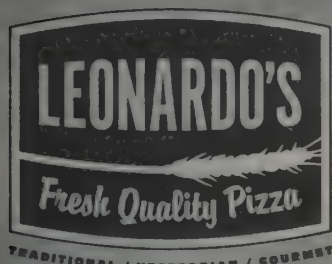
This is an issue that affects adjunct professors across the country, and has been attracting national attention. An adjunct professor here at St. Michael's, Sharyn Layfield, has been featured in an article by *The Nation*, in which she says, "Others have lived as I have – hand-to-mouth – and I want that to change for them."

Adjunct professors are mothers, fathers, writers, artists, and activists, and they deserve to live a life free of struggle.

As the date draws nearer to the twenty-first, reach out to your adjunct professors. Let them know that you support them and that you are trying to understand their struggle.

Olivia Nestro and Sammy Sidorakis
Student members of SLAM

These letters have been edited for space purposes. To see the full versions, go to defender.smcvt.edu.



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Sliced Red Onions
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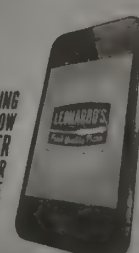
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Knights in action

Clockwise from top right.

Field Hockey: Carolyn Avery '17, looks up right before finding Morgan Mazanec '16, with an assist in their 4-1 win over Southern New Hampshire University Tuesday in Colchester.

PHOTO BY MARK YETTER

Women's Soccer: Gabrielle Kondracki '16, makes a pass after pushing play down the wing during second half action of the team's 3-2 loss to Pace University Saturday, Sept. 26 in Colchester.

PHOTO BY MARK YETTER

Men's Basketball: Greg Grippo '16, drives the lane in practice as Men's Basketball prepares for a new season Tuesday in Colchester.

PHOTO BY YUCHENG MOU

Men's Soccer: Colby Ajoku '16, forces an opposing player out of bounds during the team's 2-1 overtime win over American International College Saturday in Colchester.

PHOTO BY ALEXANDER BOGHOSSIAN

Men's Rugby: Noah Naboulsi '16, and William Durkin '18, enter a scrumdown during the team's 40-15 defeat at the hands of Roger Williams University Saturday in Bristol, R.I.

PHOTO BY BRADEN KERWIN

Women's Rugby: Katherine Tooke '16, runs the ball up the field to score a try in the team's win 86-0 over Franklin Pierce University Saturday in Colchester.

PHOTO BY ANGELA McPARLAND



St. Michael's water polo team struggles to stay afloat

By Alyssa Kibbee
Staff Writer

As they tread water throughout their contest, the team has persevered through both financial troubles and a league suspension. Money is at the root of the problems.

"We don't have enough funding to travel," said Dan Ramos, junior captain of the St. Michael's College Water Polo Team. The game of water polo consists of constantly staying afloat, and struggling to obtain the ball from the other team while also trying to put the ball in the back of the net. SMC water polo has been fighting to keep the club alive through a variety of struggles, but they have yet to miss a tournament this season.

According to Alain Brizard, former faculty advisor and the coach of the water polo team, the team wasn't allowed to participate in the Collegiate Water Polo Association's tournaments for the past two years due to lack of funding, along with other issues. "In 2012, the SA gave the water polo club \$1,000. The league membership fees were about \$2,500, leaving us short \$1,500," said Brizard. Along with funding problems, they could not attend the final tournament because they lacked enough people to field a team.

"In order to be assured teams will honor their commitment, the CWPA voted to have a strict rule that requires those failing to attend a tournament after indicating they will do so, lose their opportunity to participate for the remainder of the season and the following year," said Dan Shardin, Commissioner of the CWPA. Therefore, in 2013, the team was not allowed to join the league. As frustrating as it was, Brizard said it was a team decision not to go to the championship tournament that season. "We didn't have enough players. You need a minimum of seven players in the water and with no substitutes it is almost impossible to play a game with only that many players."

Last year, they were eligible to participate in the CWPA again. Unfortunately,



PHOTO BY PAUL DETZER

The water polo team poses for a photo on Thursday at the Ross Sports Center pool during practice.

ately, another issue arose. According to Brizard, "We struggled a lot to get vans. According to college policy, if you cannot access a school van, you

\$300 for transportation and hotel costs for three tournaments. The team has already had one tournament this year at Bowdoin College. Their budget is empty.

“

According to college policy, if you cannot access a school van, you cannot go.

-Alain Brizard

”

cannot go. You aren't allowed to use your private vehicles for school events."

This year the club is still encountering issues with the school. At the beginning of the season, the SA gave the club \$3,000. The membership fee for the CWPA went up to \$2,700, leaving the club with only

"Our last tournament, we all paid for gas money and food. We used our own personal money," said Ramos.

The team had enough money to buy only one hotel room. There were fifteen people traveling with the team. They put the maximum amount of people that the

hotel would allow into their one room. Fortunately, the UVM team was traveling with them, and allowed them to sleep on the extra floor space in their rooms.

Ramos had approached the SA along with his co-captain Stephen Anderson to ask for more money for the rest of their tournaments. The SA addressed this at their meeting on Oct. 6, and agreed to give the team an additional \$840 for their tournament at Bowdoin College.

This will allow the team to buy enough hotel rooms and pay for their transportation without having to worry about being suspended from the CWPA again for missing a tournament.

This strong willed club looks to be done with their long three-year struggle with both the CWPA and the SMC Student Association, for this season at least.

Upcoming sports events- October

Cross Country

17: @Albany Invitational
W)11:45 AM (M)12:30 PM
25: NE-10 Championship
(W)10:00 AM (M)11:00 AM

Field Hockey

17: @LIU Post 12:00 PM
18: @Saint Thomas Aquinas
11:00 AM
21: @Saint Anselm 4:00PM
24: vs Assumption 3:00 PM

27: @American International
5:00PM

Men's Golf

18: @Franklin Pierce Invitational
11:00 AM
19: @Franklin Pierce Invitational
10:00 AM
25: @NEIGA Championship TBA
26: @NEIGA Championship TBA

Men's Soccer

17: @Assumption 4:00 PM
21: vs Southern New Hampshire
3:00 PM
24: vs Bentley 12:00 PM
27: @Saint Rose 5:30 PM

Women's Soccer

17: vs Le Moyne 1:00 PM
20: @Southern New Hampshire
6:00 PM
24: @Bentley 1:00 PM

28: vs Southern Connecticut State
3:00 PM

Women's Volleyball

16: @Saint Anselm 7:00 PM
17: vs Assumption 1:00 PM
23: vs Southern Connecticut State
7:00 PM
24: vs New Haven 5:00 PM

We are athletes: defined but not limited



PHOTO COURTESY OF SMC ATHLETIC COMMUNICATIONS

News Editor & Goalkeeper Kaylee Sullivan (red), poses of for a picture with ten fellow senior members of the St. Michael's Women's Soccer team in Colchester, Sept. 2015.

By Kaylee Sullivan
News Editor

"Hi, I'm Kaylee, I play soccer."

Ask any athlete an interesting fact about herself or himself and the answers will echo each other. As athletes, this is how we identify.

I have been playing soccer for as long as I can remember. Some days, I hate the sport. But most days, I love it. The ups and downs of any given game or season teaches us to be resilient--to never give up. Although I only have six games left of my collegiate soccer career, this resilience will carry me throughout life.

Sometimes I wonder if all the time I spend on my sport is worth it. How else could I be spending my time? Maybe actually earning some money at a part time job, fitting in a nap, or making myself something for dinner other than eggs. But at the end of the day, soccer is more than the hours spent training. Soccer molds my identity and puts me ahead of the game for opportunities post-college.

No matter the sport we play, athletes face the same stereotypes and the same challenges. People often try to convince us that sports are not everything in life and they do not define us. However, the sports we play and the skills we acquire will continue to define us beyond our athletic careers.

When someone takes hold of a pas-

sion from such a young age and continues to develop it not only through middle school, but high school, and college, you want to honor that dedication and commitment. If you tried to count the number of hours spent practicing, participating in games, traveling to away competitions, receiving treatment from athletic trainers, and getting in shape in the off season, not to forget all of your schoolwork, you would drive yourself insane. (But if you happened to take a wild guess, it would be 60 hours minimum per week.)

We work ourselves until we're drained, and then we work more. A lot more. Being an athlete defines us because it's who we are, it's in our blood and sweat. We are defined as athletes because we deserve to be. Athletics define us because they do not limit us; athletics touch every part of our lives both on and off the field. The skills we carry off the field are what make us formidable applicants for any job in the future.

Athletics teach us hard work, teamwork, leadership, and the ability to overcome adversity. We all have our trials and tribulations. We all make mistakes on and off the field, but as athletes, we learn to work through it. We strive to be at our very best every day, and if we fail ourselves at any point, we work even harder to not only make ourselves proud, but our teammates, and our fans proud too. We represent something more than ourselves. We

represent our team, our parents and all of the people who helped us get to where we are today, and we represent our school.

"A lot of the values that make people successful in athletics are the same values and qualities that prospective employers and graduate schools seek," Raymond Patterson, professor of religious studies and faculty athletics advisor, recently told me. "People who have a good work ethic, can manage time, can work with diverse types of people, and utilize teamwork, are all qualities that you immediately think of as being part of a successful team, and things that employers will like."

We have the privilege of bringing what we learn on the field, into our everyday lives. It is what we will continue to work with in the NARP (non-athletic regular person) life. After they graduate, athletes ask, "Who am I now?" said Dave Landers, psychology professor and faculty athletics representative. I believe that the answer to this question lies in the truth that you are the same person you always have been. You will always be the athlete, even if not actively on a team. Athletics has propelled us through every step of life, and will continue to do so.

When that final whistle blows in late October on the last soccer game of my college career, I will be saddened, but I will not be frightened, because I know that all of the skills soccer has brought me will follow me off of the field.

When I enter a job interview, I may not instantly introduce myself with, "Hi, I'm Kaylee, I play soccer," but I guarantee I'll use it as a selling point.



PHOTO BY MARK YETTER

Teammates and fellow seniors Cassie Chernicki (right) and Gabrielle Kondraci, await a free kick from the opposition during a 3-2 home loss to conference foe Pace on Saturday, Sept. 26 in Colchester.

Remembering No. 8—a Yankee great

By Robert H. Litchfield
Sports Editor

"Never root for these guys," my grandfather said to me while poking his friend's Yankees hat. Everyone else laughed, but I could feel the seriousness in his voice. "These are the bad guys. You are a Red Sox fan."

Fifteen years later, I remember that conversation with my grandfather as if it were yesterday. Even at the age of 20, I have never really questioned his logic. It made perfect sense. The Yankees were the bad guys. The Red Sox were the good guys. That's just how things were.

My sentiments towards the New York Yankees haven't changed much over the years. I hate their players. I hate their fans. I hate how they set a precedent in sports that money can buy championships. I'm disgusted when they win.

However, my general hatred towards the club softened when I heard the news on Sep. 22 that Lawrence "Yogi" Berra died in his home in St. Louis, Miss. at the age of 90.

Despite a long line of bad blood between the Yankees and Red Sox dating back to the infamous trade of Babe Ruth that led to a frustrating 94-year long championship drought, Yogi Berra is one of the few characters in pinstripes whom I have always admired and respected.

Berra was born the son of two Italian immigrants in 1925. He knew little English and his vocabulary was limited to comic book jargon, which he was famous for reading. He signed with the Yankees in 1943 but his debut was delayed three years after serving in World War II.

As catcher for the Yankees, the most physically-demanding, grueling position, Yogi won ten World Series championship rings in his 19-year career. He won an additional three rings as a manager, bringing his total to 13; the most of any profes-

sional athlete/manager ever.

Yogi was an eccentric character who coined a list of epigrams we call "yogi-isms," such as: "It's déjà vu all over again," "when you reach a fork in the road, take it," or my favorite, "Baseball is 90 percent mental and the other half is physical."

Even my grandfather, the man who conditioned me so long ago to hate the Yankees, continues to use Yogi's quote, "It is what it is."

The Public Relations Director for the New York Yankees Marty Appel told me in an email that he remembers Yogi as a ball player who never got hurt and was out there every day catching both ends of doubleheaders.

"His impact on baseball was that the game could be for everyone; you didn't need 'the perfect body,'" Appel explained. "He was short and squat, but he could do everything except run fast."

According to Appel, Yogi lived a modest life without the "frills of stardom." He learned baseball on the sandlots of Middle America during the Depression and wound up living in a small New Jersey community where all the shopkeepers knew him personally.

Appel confided in me a little-known yogi-ism, "My favorite may become 'what time is 3:30 mass?' which he asked the nurse in his room when I visited him Aug. 27 -- because perhaps it was his last, and I was there."

Berra was a class act and an unintentional comedian. He made baseball the great game it is today by inspiring millions of Americans to love the game and preserve it as our national pastime. Next to Babe Ruth, Lou Gehrig, Joe DiMaggio and Mickey Mantle, Yogi Berra was the awkward fifth face on the Yankees Mount Rushmore. He was the only Yankee I don't want to forget.



PHOTO COURTESY OF WIKIMEDIA COMMONS

1953 Bowman Gum baseball card of Lawrence "Yogi" Berra. The star catcher and his New York Yankees went on to beat the Brooklyn Dodgers in the World Series that year.

Famous Yogi-isms

"Baseball is 90 percent mental and the other half is physical."

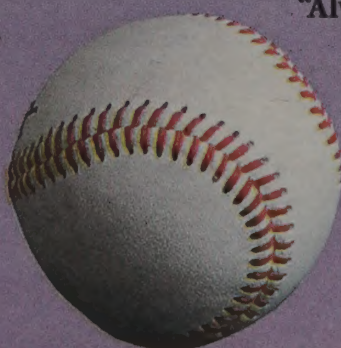
"Nobody goes there any more. It's too crowded."

"When you come to a fork in the road, take it."

"It ain't over till it's over."

"It's déjà vu all over again."

"You can observe a lot by watching."



"You better cut the pizza in four pieces because I'm not hungry enough to eat six."

"Always go to other people's funerals, otherwise they won't go to yours."

"I really didn't say everything I said."

"The future ain't what it used to be."

"We made too many wrong mistakes."



Thinking pink

St. Michael's Athletic teams to wear pink in October, will promote breast cancer awareness

By Scott Gaudion
Sports Editor

On Oct. 23, the volleyball court will switch out their purple and white uniforms for a splash of pink when the team hosts Dig Pink to benefit breast cancer research and raise awareness. This will be the first of six pink events on campus this year. From pink socks to pink laces, teams will take the color to the field, and some teams might even wear pink jerseys or warm-up shirts, depending on the sport.

"The goal of the games is to show support, create awareness, and help fund cancer research and support initiatives through a fundraising component," said Chris Kenny '86, director of athletics in an email interview. While pink is generally associated with breast cancer, the games that are played are to raise awareness for many different types of cancer.

In the past, the women's ice hockey team has held Pink the Rink, where the girls wear pink jerseys and laces. The field hockey team and the soccer teams have also done pink events, such as Field Hockey's Play4theCure, and the volleyball team has done Dig Pink where they wear pink warm-up T-shirts. During the month of October, the women's rugby team also wears pink socks.

The pink games are not only to raise



PHOTO COURTESY OF SMC ATHLETIC COMMUNICATIONS

St. Michael's Field Hockey lines up before a game at Duffy Field in Colchester in Oct. 2012, repping their pink in support of national breast cancer awareness month.

awareness for cancer, but they are also good fundraisers. Tables are set up at the games where donations can be made to various organizations where teams would like their money to go. "It's great to use

athletics as a platform to show our support to those who have lost their battles, are in the fight,

or are amazing survivors," said women's basketball head coach Shannon Kynoch through email.

Along with these events, some teams, such as the women's basketball team, also participate in other events such as the

Making Strides for Breast Cancer Walk.

"Our head coach, Shannon Kynoch, has been really involved in getting us to do the walk and the games," said women's basketball captain Megan Gaudreau '16.

eventually."

"I try and help other teams coordinate their pink games as well as well as our own pink game we host every February," Kynoch said. "Outside of the Pink Games our coaching staff and men's basketball participate in the Coaches vs Cancer Suits and Sneakers game in January."

Since the historic first game at Penn State in 2007, many different colleges across the nation have adopted the idea for Think Pink games

When the pink events are happening, they are advertised as pink games so that people can go support cancer awareness. "We publicize them through our sports information director, and they are also posted on our game schedules on the website. Additionally, some teams choose to donate to the American Cancer Society and they help promote our games as well," Kynoch said.

It's great to use athletics as a platform to show our support to those who have lost their battles."

-Shannon Kynoch

These games also connect with the players on a personal level. "Everyone's touched by breast cancer in some sort of way, unfortunately," Gaudreau said. "We love doing it, it's a great cause, and hopefully it will lead to finding a cure

Forwards Mazanec and Avery lead Knights past Penmen

By Mark Yetter
Sports Editor



PHOTO BY MARK YETTER

Morgan Mazanec '16, celebrates her first goal during Field Hockey's 4-1 win over SNHU Tuesday in Colchester.

St. Michael's Field Hockey overcame conference foe and neighbor state rival Southern New Hampshire in a 4-1 victory on Duffy Field Tuesday. The win was spearheaded by strong performances from forwards Morgan Mazanec and Carolyn Avery.

"I think quick ball movement and strong passing helped us offensively today," said Avery, a junior psychology major from Massachusetts.

Following the game, players and coaches shared thoughts on teammates performances, and followed with a quick "1-2" clap. The overwhelming sentiment from both players and coaches was about composure with the ball.

St. Michael's dominated possession Tuesday, which helped them dictate the pace of the play. They brought the action

to SNHU for the entirety of the game, and they showed what they are capable of when working as a unit.

The highlight of the day was a play down the wing in which Avery and Mazanec combined for a pretty goal. Avery caught a pass, immediately turned and pushed down the right wing. After running past what seemed like three defenders, Avery picked her head up, and found a streaking Mazanec on the opposite side of the goal. Mazanec, without a second thought, deftly deposited the ball low and away, making a loud sound as it firmly clanked off the hard wood backing of the goal.

"Her passes are crisp and she is always making positive plays when on the ball," said Mazanec '16, who also majors in psychology and hails from Massachusetts.

"I don't ever have to wonder where she'll be on a play, she's always in the right spot," said Avery.

This type of team play overall helped the Purple Knights control possession and cruise to victory. The win may inspire confidence as the team heads into the home stretch of their season.

The team improved its record to 5-7 on the season. The win also provided their second NE-10 conference victory, improving their record to 2-5. The team continues action Saturday in New York, when they travel to take on LIU Post.

Mark your calendar for Saturday, October 24. St. Michael's Field Hockey will be returning after three road games to take on Assumption at home. The game will also serve as their annual "Think Pink" event, in an effort to raise awareness for breast cancer.